

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Nutri-Grain Bar String Cheese Peaches</p>	<p>3</p> <p>Cereal Yogurt Pears</p>	<p>4</p> <p>Frudel Stick Cheese Cubes Peaches</p>	<p>5</p> <p>French Toast Sticks Syrup Fruit Cup</p>	<p>6</p> <p>Breakfast Pizza Mandarin Oranges</p>
<p>9</p> <p>Chocolate Chip Bar String Cheese Mixed Fruit</p>	<p>10</p> <p>Cereal Yogurt Applesauce</p>	<p>11</p> <p>Cinnamon Roll Cheese Cubes Mandarin Oranges</p>	<p>12</p> <p>French Toast Sticks Syrup Pears</p>	<p>13</p> <p>Cheese Omelet Tri-Tator Applesauce</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>Cereal Yogurt Fruit Cup</p>	<p>18</p> <p>Frudel Stick Cheese Cubes Mandarin Oranges</p>	<p>19</p> <p>Waffles Syrup Fruit Cup</p>	<p>20</p> <p>Biscuit and Gravy Peaches</p>
<p>23</p> <p>Cinnamon Toast Crunch Bar String Cheese Mixed Fruit</p>	<p>24</p> <p>Cereal Yogurt Peaches</p>	<p>25</p> <p>Cinnamon Roll Cheese Cubes Fruit Cup</p>	<p>26</p> <p>Waffles Syrup Mandarin Oranges</p>	<p>27</p> <p>Egg, Sausage, Cheese Burrito Pineapple</p>

“Designate a snacking zone: Only allow snacking in certain areas, such as the kitchen, and avoid serving snacks during screen time. You'll save your child countless calories from mindless munching. For snacks on the go, offer a banana, string cheese, yogurt sticks, cereal bars, carrot sticks or other less messy foods. Schedule snacks so that they don't interfere with a healthy meal. Skip snacks and juice within two hours of mealtime so that your child is hungry enough to eat with gusto a balanced, nutritious meal. Teaching your child to make healthy snack choices now will help set the stage for a lifetime of healthy eating. Start today!” (www.mayoclinic.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BBQ Pork on Bun French Fries Baked Beans Pears</p>	<p>3</p> <p>Sliced Turkey Mashed Potatoes w/Gravy Corn Peaches</p>	<p>4</p> <p>Hamburger on Bun Tater Tots Carrots Baked Apples</p>	<p>5</p> <p>Hot Dog on Bun Chips and Salsa Raw Veggies Mandarin Oranges</p>	<p>6</p> <p>Cheese Quesadilla Green Beans Salad Mixed Fruit</p>
<p>9</p> <p>Breaded Chicken Patty on Bun Chips and Salsa Green Beans Applesauce</p>	<p>10</p> <p>Cheese Omelet Tri-Tator Broccoli Mandarin Oranges</p>	<p>11</p> <p>Corn Dog Nuggets Tater Tots Baked Beans Pears</p>	<p>12</p> <p>Pork Tacos w/Cheese Salad Corn Applesauce</p>	<p>13</p> <p>Pepperoni Calzone Marinara Broccoli Mixed Fruit</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>BBQ Grilled Chicken Breast Mashed Potatoes w/Gravy Peas Mandarin Oranges</p>	<p>11:30 Dismissal 18</p> <p>PB & J Chips and Salsa Slushy Cup Fruit Cup</p>	<p>19</p> <p>Chicken Noodle Soup Bosco Stick Raw Veggies Peaches</p>	<p>20</p> <p>Cheese Pizza Salad Broccoli Mixed Fruit</p>
<p>23</p> <p>Cheese Breadsticks Marinara Cauliflower & Broccoli Peaches</p>	<p>24</p> <p>Chicken Strips Mashed Potatoes w/Gravy Corn Apple Crisp</p>	<p>25</p> <p>Hot Ham & Cheese on Bun Tater Tots Baked Beans Mandarin Oranges</p>	<p>26</p> <p>Popcorn Chicken Au gratin Potatoes Broccoli Pineapple</p>	<p>27</p> <p>Cheese Quesadilla Salsa Salad Pears</p>

