

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Poptart String Cheese Fruit</p>	<p><b>3</b></p> <p>Cereal Yogurt Fruit</p>	<p><b>4</b></p> <p>Muffin Cheese Cubes Fruit</p>	<p><b>5</b></p> <p>Waffle Syrup Fruit</p>	<p><b>6</b></p> <p>Egg, Cheese, &amp; Sausage Burrito Fruit</p>
<p><b>9</b></p> <p>Nutri-Grain Bar String Cheese Fruit</p>	<p><b>10</b></p> <p>Cereal Yogurt Fruit</p>	<p><b>11</b></p> <p>Cinnamon Roll Cheese Cubes Fruit</p>	<p><b>12</b></p> <p>Pancake &amp; Sausage Sandwich Fruit</p>	<p><b>13</b></p> <p>Biscuit &amp; Gravy Fruit</p>
<p><b>16</b></p> <p>Chocolate Chip Granola Bar String Cheese Fruit</p>	<p><b>17</b></p> <p>Cereal Yogurt Fruit</p>	<p><b>18</b></p> <p>Muffin Cheese Cubes Fruit</p>	<p><b>19</b></p> <p>Pancake &amp; Sausage Sandwich Fruit</p>	<p><b>20</b></p> <p>Egg, Cheese, &amp; Sausage Burrito Fruit</p>
<p><b>23</b></p> <p>Cinnamon Toast Crunch Bar String Cheese Fruit</p>	<p><b>24</b></p> <p>Cereal Yogurt Fruit</p>	<p><b>25</b></p> <p>Cinnamon Roll Cheese Cubes Fruit</p>	<p><b>26</b></p> <p>Pancake &amp; Sausage Sandwich Fruit</p>	<p><b>27</b></p> <p>Cheese Omelet Tri-Tater Fruit</p>
<p><b>30</b></p> <p>Poptart String Cheese Fruit</p>	<p><b>31</b></p> <p>Cereal Yogurt Fruit</p>			

“You probably know that exercise is good for your state of mind. But did you know that working out in nature helps to reduce anxiety, among other benefits, even more than going to an indoor gym? Consider skipping the exercise bike and hit some trails to get the best mental bang for your buck.” (American Heart Association)

## Monday

**2**  
Hamburger on Bun  
Sweet Potato Fries  
Carrots  
Mixed Fruit

**9**  
Breaded Chicken  
Patty on Bun  
Chips & Salsa  
Green Beans  
Baked Apples

**16**  
BBQ Rib on Bun  
French Fries  
Green Beans  
Applesauce

**23**  
Chicken Cutlet on Bun  
Sweet Potato Fries  
Broccoli  
Applesauce

**30**  
Cheese Breadsticks  
Marinara  
Broccoli & Cauliflower  
Pears

## Tuesday

**3**  
Chicken & Gravy  
Mashed Potatoes  
Corn  
Peaches

**10**  
Toasted Cheese Ravs  
Marinara  
California Blend Veg.  
Pineapple

**17**  
Chicken Strips  
Mashed Potatoes w/Gravy  
Peas  
Pears

**24**  
Goulash  
Salad  
Peas  
Mixed Fruit

**31**  
Chicken Cutlet  
Mashed Potatoes w/Gravy  
Corn  
Mandarin Oranges

## Wednesday

**4**  
Pepperoni Calzone  
Marinara  
Broccoli  
Mandarin Oranges

**11**  
Mini Corn Dogs  
Tater Tots  
Baked Beans  
Pears

**18**  
11:30 Dismissal  
Cold Turkey & Cheese  
Sandwich  
Chips & Salsa  
Raw Veggies  
Fruit Cup

**25**  
BBQ Pork on Bun  
French Fries  
Baked Beans  
Baked Apples

## Thursday

**5**  
Sliced Ham  
Au gratin Potatoes  
Green Bean Cass.  
Pears

**12**  
Tacos w/Cheese  
Corn  
Salad  
Applesauce

**19**  
Popcorn Chicken  
Cheesy Hashbrowns  
Green Bean Cass.  
Mandarin Oranges

**26**  
Chicken Enchiladas  
Carrots  
Salad  
Pineapple

## Friday

**6**  
Mac & Cheese  
Broccoli  
Slushy Cup  
Peach Crisp

**13**  
Cheese Pizza  
Carrots  
Salad  
Mixed Fruit

**20**  
Grilled Cheese  
Tater Tots  
Baked Beans  
Peaches

**27**  
Fish Sticks  
Mashed Potatoes w/Gravy  
Green Beans  
Peaches

