

Monday
Tuesday
Wednesday
Thursday
Friday
3

 Chocolate Chip Granola Bar
 Graham Crackers
 Fruit Cup

4

 Cereal
 Yogurt
 Mixed Fruit

5

 Apple Frudel Stick
 Cheese Cubes
 Mandarin Oranges

6

 French Toast
 Syrup
 Applesauce

7

 Cinnamon Roll
 String Cheese
 Pears

10

 Poptart
 String Cheese
 Peaches

11

 Cereal
 Yogurt
 Mixed Fruit

12

 Muffin
 String Cheese
 Peaches

13

 French Toast
 Syrup
 Mandarin Oranges

14

 Breakfast Pizza
 Pineapple

17

 Nutri-Grain Bar
 String Cheese
 Applesauce

18

 Cereal
 Yogurt
 Pears

19

 Apple Frudel Stick
 Cheese Cubes
 Mixed Fruit

20

 Pancakes
 Syrup
 Fruit Cup

21

 Muffin
 String Cheese
 Fruit Cup

24

 Chocolate Chip Granola Bar
 Graham Crackers
 Peaches

25

 Cereal
 Yogurt
 Mandarin Oranges

26

No School

27

No School

28

No School

“Healthy Menu and Shopping Strategies: To prepare your healthy menus, you'll need to have healthy ingredients on hand. Your shopping strategies should focus on fresh and unprocessed foods. That means spending more time in the produce section, where you can stock up on fruits and vegetables. Keep an eye out, too, for whole grains and low-fat dairy products.” (www.mayoclinic.org)

Monday

Tuesday

Wednesday

Thursday

Friday

3
Breaded Chicken Patty
on Bun
Chips and Salsa
Green Beans
Mixed Fruit

4
Hot Turkey on Bread w/Gravy
Mashed Potatoes w/Gravy
Corn
Mandarin Oranges

5
Hot Dog on Bun
Sweet Potato Fries
Baked Beans
Applesauce

6
Cheeseburger Mac Attack
Salad
Peas
Pears

7
Pepperoni Calzone
Marinara
Salad
Peaches

10
Hamburger on Bun
Tater Tots
Baked Beans
Mixed Fruit

11
Chicken & Gravy over
Mashed Potatoes
Peas
Peaches

12
Toasted Cheese Ravs
Marinara
California Blend
Mandarin Oranges

13
BBQ Meatballs
Cheesy Hashbrown Cass.
Green Beans
Pineapple

14
Cheese Quesadilla
Salsa
Carrots
Applesauce

17
Mini Corn Dogs
Tater Tots
Baked Beans
Pears

18
Noodle-licious Beef Bowl
Salad
Peas
Mixed Fruit

19
11:30 Dismissal
PB & J
Chips and Salsa
Raw Veggies
Fruit Cup

20
Turkey
Mashed Potatoes w/ Gravy
Green Bean Casserole
Jello Applesauce
Pumpkin Muffin

21
Pizza
Salad
Broccoli
Peaches

24
Bosco Sticks
Marinara
Green Beans
Mandarin Oranges

25
Hot Ham & Cheese on Bun
Chips and Salsa
Carrots
Applesauce

26
No School

27
No School

28
No School