

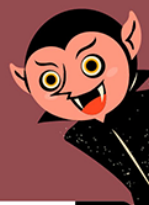
Monday

Tuesday

Wednesday

Thursday

Friday



French Toast
Syrup
Mandarin Oranges

Breakfast Pizza
Pears

Poptart or Chocolate Chip
Granola Bar
String Cheese
Pineapple

Cereal
Yogurt
Mixed Fruit

Cinnamon Roll
Cheese Cubes
Peaches

French Toast
Syrup
Applesauce

NO SCHOOL

NO SCHOOL

Cereal
Yogurt
Fruit Cup

Apple Frudel
Cheese Cubes
Fruit Cup

French Toast
Syrup
Mixed Fruit

Egg Patty
Tri-Tater
Applesauce

Cinnamon Toast Crunch Bar
or Nutri-Grain Bar
String Cheese
Mandarin Oranges

Cereal
Yogurt
Fruit Cup

Cinnamon Roll
Cheese Cubes
Peaches

Waffle
Syrup
Mixed Fruit

Biscuit & Gravy
Applesauce

Poptart or Chocolate Chip
Granola Bar
String Cheese
Pears

Cereal
Yogurt
Applesauce

Apple Frudel
Cheese Cubes
Peaches

Waffle
Syrup
Mixed Fruit

Egg Patty
Tri-Tater
Mandarin Oranges

"Stretching is an important component of any exercise program. As a general rule, stretch your major muscle groups after you exercise. In some studies, stretching right before an athletic event has been shown to decrease athletic performance, especially before activities requiring ballistic movements, jumping or running." (www.mayoclinic.org)

Monday

Tuesday

Wednesday

Thursday

Friday



5

Grilled Cheese
Tater Tots
Baked Beans
Mixed Fruit

6

Grilled Chicken Breast
Mashed Potatoes w/Gravy
Corn
Peaches

7

Rib on Bun
French Fries
Green Beans
Applesauce

8

Toasted Cheese Ravs
Marinara
Broccoli
Pears

9

NO SCHOOL

12

NO SCHOOL

13

Chicken & Gravy
Mashed Potatoes w/Gravy
Peas
Peach Crisp

14

Mini Corn Dogs
Tater Tots
Baked Beans
Mixed Fruit

15

Beef & Cheese Tacos
Corn
Salad
Applesauce

16

Cheese Pizza
Salad
Green Beans
Mandarin Oranges

19

Cheeseburger
French Fries
Baked Beans
Baked Apples

20

BBQ Meatballs
Au Gratin Potatoes
Broccoli
Peaches

21

Breadsticks
Marinara
Corn
Mixed Fruit

22

Spaghetti w/Meat Sauce
Salad
Green Beans
Applesauce

23

Cheese Quesadilla
Salsa
Salad
Pears

26

Breaded Chicken Patty
French Fries
Broccoli
Applesauce

27

Chicken Strips
Mashed Potatoes w/Gravy
Peas
Peaches

28

BBQ on Bun
Tri-Tater
Baked Beans
Mixed Fruit

29

Mini Calzone
Marinara
Green Beans
Mandarin Oranges

30

11:30a Dismissal
Turkey & Cheese Sandwich
Chips & Salsa
Slushy Cup
Fruit Cup