

Monday

1
Cinnamon Toast Crunch Bar
String Cheese
Fruit Cup

8
Nutri-Grain Bar
String Cheese
Pineapple

15
Poptart
String Cheese
Pineapple

22
NO SCHOOL

29
NO SCHOOL

Tuesday

2
Cereal
Yogurt
Mixed Fruit

9
Cereal
Yogurt
Peaches

16
Cereal
Yogurt
Mixed Fruit

23
NO SCHOOL

30
NO SCHOOL

Wednesday

3
Cinnamon Roll
Cheese Cubes
Peaches

10
Cinnamon Caramel Frudel
Cheese Cubes
Mandarin Oranges

17
Cinnamon Roll
Cheese Cubes
Fruit Cup

24
NO SCHOOL

31
NO SCHOOL

Thursday

4
French Toast
Syrup
Applesauce

11
French Toast
Syrup
Applesauce

18
French Toast
Syrup
Applesauce

25
NO SCHOOL

Friday

5
Biscuit and Gravy
Pears

12
Breakfast Pizza
Fruit Cup

19
Biscuit and Gravy
Fruit

26
NO SCHOOL



An easy way to boost activity: “Take the stairs. The elevator may go up — but it doesn’t make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don’t ride the escalator – climb it.” (American Heart Association)

Monday
Tuesday
Wednesday
Thursday
Friday
1

Chicken Patty on Bun
Fries
Broccoli
Mixed Fruit

2

Turkey and Gravy
Over Biscuit
Mashed Potatoes
Peas
Peaches

3

Walking Taco
Salsa
Corn
Applesauce

4

Chicken Strips
Alfredo Pasta
Carrots
Salad
Pears

5

Cheese Quesadilla
Salsa
Salad
Pineapple

8

Pulled Pork on Bun
Sweet Potato Fries
Baked Beans
Peaches

9

BBQ Meatballs
Au gratin Potatoes
Corn
Mandarin Oranges

10

Grilled Cheese
Tomato Soup
Raw Veggies
Applesauce

11

Goulash
Green Beans
Apple Crisp

12

New Orleans Chicken
Over Rice
Egg Roll
Broccoli
Pineapple

15

Pork Tenderloin on Bun
French Fries
Green Beans
Mixed Fruit

16

Salisbury Steak
Mashed Potatoes w/ Gravy
Peas
Peach Crisp

17

BBQ on Bun
Tri-Tator
Baked Beans
Applesauce

18

TBA

19

TBA

22

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31

NO SCHOOL

