

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chocolate Chip Bar String Cheese Pears</p>	<p>3</p> <p>Cereal Yogurt Baked Apples</p>	<p>4</p> <p>Apple Frudel Stick Cheese Cubes Peaches</p>	<p>5</p> <p>French Toast Sticks Syrup Pears</p>	<p>6</p> <p>Biscuits & Gravy Mandarin Oranges</p>
<p>9</p> <p>Cinnamon Toast Crunch Bar String Cheese Applesauce</p>	<p>10</p> <p>Cereal Yogurt Applesauce</p>	<p>11</p> <p>Cinnamon Roll Cheese Cubes Mandarin Oranges</p>	<p>12</p> <p>Pancake & Sausage Sandwich 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>Apple Frudel Stick Cheese Cubes Mandarin Oranges</p>	<p>19</p> <p>Pancake & Sausage Sandwich Fruit Cup</p>	<p>20</p> <p>Biscuits and Gravy Peaches</p>
<p>23</p> <p>Poptart 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>Pancake & Sausage Sandwich Mandarin Oranges</p>	<p>27</p> <p>Cheese Omelet Tri-Tator 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>Hamburger on Bun Tri-Tator Green Beans Apple Crisp</p>	<p>3</p> <p>Turkey & Gravy over Biscuit Mashed Potatoes Peas Peaches</p>	<p>4</p> <p>Pulled Pork on Bun French Fries Baked Beans Pears</p>	<p>5</p> <p>Cheese Quesadilla Salsa Salad Mandarin Oranges</p>	<p>6</p> <p>Walking Taco Corn Applesauce</p>
<p>9</p> <p>Breaded Chicken Patty on Bun Chips and Salsa Green Beans Applesauce</p>	<p>10</p> <p>Hot Pork Tenderloin on Bread w/Gravy Mashed Potatoes Peas Mandarin Oranges</p>	<p>11</p> <p>Corn Dog Tri-Tator Baked Beans Pears</p>	<p>12</p> <p>Pork Tacos Corn Applesauce</p>	<p>13</p> <p>Pepperoni Calzone Marinara Broccoli Peaches</p>
<p>16</p> <p>NO SCHOOL</p>	<p>17</p> <p>BBQ Grilled Chicken Breast Mashed Potatoes w/Gravy Green Bean Cass. Mandarin Oranges</p>	<p>18</p> <p>11:30 Dismissal PB & J Chips and Salsa Slushy Cup Fruit Cup</p>	<p>19</p> <p>Chili or Hamburger Soup Raw Veggies Peaches</p>	<p>20</p> <p>Cheese Pizza Salad Carrots Mixed Fruit</p>
<p>23</p> <p>Cheese Breadsticks Marinara California Blend w/Cheese 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 Tri-Tator Baked Beans Mandarin Oranges</p>	<p>26</p> <p>Sweet & Sour Chicken over Rice Egg Roll Broccoli Pineapple</p>	<p>27</p> <p>Cheese Quesadilla Salsa Salad Pears</p>

