

Monday
Tuesday
Wednesday
Thursday
Friday
3
Nutri-Grain Bar
String Cheese
Fruit

4
Cereal
Yogurt
Pears

5
Cinnamon Caramel
Frudel Stick
Cheese Cubes
Mixed Fruit

6
Waffle
Syrup
Fruit

7
Breakfast Pizza
Mandarin Oranges

10
Poptart
String Cheese
Peaches

11
Cereal
Yogurt
Pears

12
Cinnamon Roll
String Cheese
Mixed Fruit

13
French Toast
Syrup
Peaches

14
Biscuit and Gravy
Applesauce

17
Nutri-Grain Bar
String Cheese
Pineapple

18
Cereal
Yogurt
Mixed Fruit

19
Cinnamon Caramel
Frudel Stick
String Cheese
Mandarin Oranges

20
French Toast
Syrup
Fruit

21
Biscuit and Gravy
Fruit

24
Poptart
String Cheese
Pears

25
Cereal
Yogurt
Peaches

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
Pears

4
Hot Turkey on Bread w/Gravy
Mashed Potatoes
Corn
Mixed Fruit

5
Hot Dog or
Hamburger on Bun
Chips and Salsa
Raw Veggies
Fruit Cup

6
Cheeseburger Casserole
Salad
Peas
Mandarin Oranges

7
Pepperoni Calzone
Marinara
Salad
Peach Crisp

10
Hamburger on Bun
Fries
Baked Beans
Pears

11
Hot Pork Tenderloin
over Bread with
Mashed Potatoes & Gravy
Peas
Mixed Fruit

12
Toasted Ravs
Breaded Cheese Stick
Marinara
California Blend w/Cheese
Peaches

13
BBQ Meatballs
Cheesy Hashbrown Cass.
Green Bean Cass.
Applesauce

14
Orange Popcorn
Chicken over Rice
Veg. Egg Roll
Broccoli
Pineapple

17
Corn Dog
Tri-Tater
Baked Beans
Mixed Fruit

18
Beef Pasta Bake
Salad
Peas
Mandarin Oranges

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

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

21
Pizza
Salad
Broccoli
Pears

24
Bosco Sticks
Marinara
California Blend w/Cheese
Peaches

25
Hot Ham & Cheese on Bun
Chips and Salsa
Baked Beans
Fruit

26
No School

27
No School

28
No School