

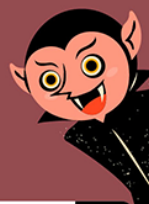
Monday

Tuesday

Wednesday

Thursday

Friday



5

Nutri-Grain Bar
String Cheese
Pineapple

6

Cereal
Yogurt
Mandarin Oranges

7

Cinnamon Roll
Cheese Cubes
Peaches

8

French Toast
Syrup
Applesauce

9

NO SCHOOL

12

NO SCHOOL

13

Cereal
Yogurt
Fruit Cup

14

Cherry Frudel
Cheese Cubes
Fruit Cup

15

French Toast
Syrup
Mixed Fruit

16

Egg Patty
Tri-Tater
Applesauce

19

Poptart
String Cheese
Mandarin Oranges

20

Cereal
Yogurt
Baked Apples

21

Mini Donuts
Cheese Cubes
Peaches

22

Waffle
Syrup
Mixed Fruit

23

Biscuit & Gravy
Applesauce

26

Cinnamon Toast Crunch Bar
String Cheese
Pears

27

Cereal
Yogurt
Applesauce

28

Cherry Frudel
Cheese Cubes
Peaches

29

Waffle
Syrup
Mixed Fruit

30

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)

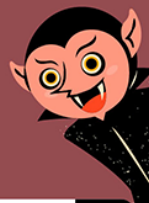
Monday

Tuesday

Wednesday

Thursday

Friday



5

Pork Tenderloin on Bun
French Fries
Carrots
Mandarin Oranges

6

Grilled Chicken Breast
Mashed Potatoes w/Gravy
Corn
Peach Crisp

7

Rib on Bun
Tri-Tater
Green Beans
Applesauce

8

Toasted Meat Ravs
Breaded Cheese Sticks
Marinara
Broccoli
Pears

9

NO SCHOOL

12

NO SCHOOL

13

Chicken & Gravy
over Biscuit
Mashed Potatoes w/Gravy
Peas
Peach Crisp

14

Corn Dog
Tri-Tater
Baked Beans
Mixed Fruit

15

Beef Tacos
Corn
Applesauce

16

Pizza
Salad
Green Beans
Mandarin Oranges

19

Cheeseburger
French Fries
Baked Beans
Baked Apples

20

BBQ Meatballs
Au Gratin Potatoes
Broccoli
Peaches

21

Toasted Cheese Rav
Breaded Cheese Sticks
Marinara
Corn
Mixed Fruit

22

Spaghetti w/Meat Sauce
Salad
Green Beans
Applesauce

23

Cheese Quesadilla
Salsa
Salad
Pears

26

Chicken Patty on Bun
Tri-Tater
Broccoli w/Cheese
Applesauce

27

Chicken Strips
Mashed Potatoes w/Gravy
Peas
Peaches

28

BBQ on Bun
Sweet Potato Fries
Baked Beans
Mixed Fruit

29

Mini Calzone
Marinara
Green Beans
Mandarin Oranges

30

11:30a Dismissal
PB & J
Chips & Salsa
Slushy Cup
Fruit Cup