



### School Information:

# Welcome



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



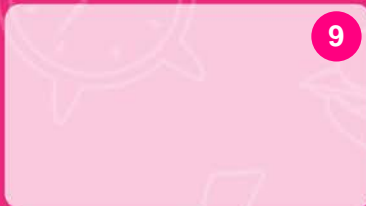
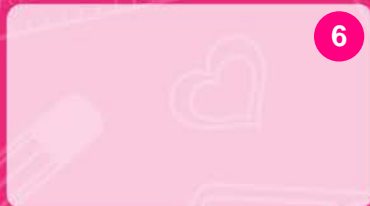
### Wednesday



### Thursday



### Friday



Chicken patty sandwich  
PBJ Smucker  
Asian chicken salad  
Sweet potato fries  
Fresh veggie tray  
Fresh fruit

Hard shell beef tacos  
Yogurt snackers  
Southwest chicken salad  
Chips w/salsa  
Pinto beans  
Fresh veggie tray  
Fruit cup

Chicken & rice  
Pizza snacker  
Fruit & yogurt salad  
Green beans  
Fresh veggie tray  
Fresh fruit

Cuban flatbread sandwich  
Turkey w/cheese sandwich  
Chef salad  
Black beans  
Fresh veggie tray  
Fruit cup

Pizza  
(cheese, pepperoni, **Feistada**)  
Yogurt snacker  
Chicken Caesar salad  
Corn  
Fresh veggie tray  
Frozen fruit cup

Asian chicken Rice bowl  
Egg roll  
PBJ Smuckers  
Buffalo chicken salad  
Stir fry vegetables  
Fresh veggie tray  
Fresh fruit

Chicken bites-5 each  
Wheat roll  
Yogurt snacker  
Harvest chicken salad  
Steamed carrots  
Fresh veggie trays  
Fruit cup

**Alfredo with a twist**  
Turkey w/cheese sandwich  
Fruit & yogurt salad  
Steamed broccoli  
Fresh veggie tray  
Fresh fruit

Korean BBQ Taco 2 each  
Ham & cheese sandwich  
Chef salad  
Caribbean blend vegetables  
Fresh veggie tray w/Asian slaw  
Fruit cup

Cheeseburger on bun  
Yogurt snacker  
Chicken Caesar salad  
French fries  
Fresh veggie tray  
Applesauce cup

**COOKIE**

**Beef chili w/cheesy breadst**  
PBJ smucker  
Asian chicken salad  
Potato wedges  
Fresh veggie tray  
Fresh fruit

Chicken tender w/biscuit  
Yogurt snacker  
Southwest chicken salad  
Green beans  
Fresh veggie trays  
Fruit cup

Baked Ziti w/breadstick  
Pizza snacker  
Fruit & yogurt salad  
Steamed cali blend  
Fresh veggie tray  
Seasonel fresh fruit

**Monte Cristo Sandwich** 1/2 ea  
Chicken wrap  
Chef salad  
Sweet potato tots  
Fresh vegetable tray  
Fruit cup

Pizza  
(cheese, pepperoni, **feistada**)  
Yogurt snacker  
Chicken Caesar salad  
Corn on cob  
Fresh veggie tray  
Frozen fruit cup