

MONDAY

3
Turkey on Whole Grain
Baby Carrots w/ Ranch
Apple Slices
1% Milk

10
Chicken and Rice Casserole
Steamed Mixed Veggies
Applesauce
1% Milk

17
Tator Tot Casserole w/ Turkey
Steamed Green Beans
Pears
Whole Grain Bread
1% Milk

24
Ham Tortilla Deli Wrap
Sliced Cucumbers
Bananas
1% Milk

31
Spaghetti w/ Meat Sauce
Steamed Mixed Veggies
Mandarin Oranges
1% Milk

TUESDAY

4
Chicken Nuggets
Green Beans
Applesauce
Whole Grain Crackers
1% Milk

11
Sun Butter & Jam
on Whole Grain
Cheese Sticks
Baby Carrots w/ Ranch
Bananas
1% Milk

18
Italian Pasta Salad
Cottage Cheese
Sliced Cucumbers
Mandarin Oranges
1% Milk

25
Vegetarian Chili
Steamed Corn
Mixed Fruit
Whole Grain Crackers
1% Milk

WEDNESDAY

5
Mac and Cheese
Baked Beans
Steamed Broccoli
Pineapple
1% Milk

12
Meatballs
Buttered Noodles
Steamed Broccoli
Apple Slices
1% Milk

19
Chicken Curry
Brown Rice
Steamed Carrots
Bananas
1% Milk

26
Pepperoni Pizza
Baby Carrots w/ Ranch
Apple Slices
1% Milk

THURSDAY

6
Chicken Alfredo Pasta
Steamed California Veggies
Bananas
1% Milk

13
NO SCHOOL

20
Ham and Scalloped Potatoes
Steamed Peas
Apple Sauce
Whole Grain Bread
1% Milk

27
Scrambled Eggs
Sliced Bell Peppers
Fresh Fruit Salad
Whole Grain Bread
1% Milk

FRIDAY

7
Waffles
Vanilla Yogurt
Blueberries
Sliced Bell Peppers
1% Milk

14
NO SCHOOL

21
Salsa Chicken Casserole
w/ Rice
Corn
Pineapple
1% Milk

28
Fish Sticks
Steamed Broccoli
Pineapple
1% Milk

