



Menu items subject to change. Milk is offered daily with Lunch. 7th-12th offered Salad Bar daily unless noted on the menu. **EQUAL OPPORTUNITY EMPLOYER**



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



1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

4
NO SCHOOL

7
Weiner Wink on WG Bun, Roundettes, Green Beans, Fruit, WG Cookie

8
Salisbury Steak w/Mashed Potatoes & Gravy, Peas, WG Roll, Fruit

9
Chicken Alfredo, Lettuce/Romaine, WG Bread Stick, Fruit

10
BBQ Pork on WG Bun, Baked Beans, Pasta Salad, Fruit

11
Crispito, Chips w/Black Bean Salas, Carrots, Fruit

14
Goulash, Corn, Fruit, WG Bread Stick

15
Chicken Tenders w/BBQ, Tri Tators, Carrots, Fruit

16
Chili Chip w/Fixings, Peas, Fruit, WG Cinnamon Roll
NO SALAD BAR

17
ELEM-Garlic Cheese Bread
HS- Baked Potato Bar, Green Beans, Fruit, WG Muffin

18
Pizza Dippers, Smiles, Broccoli, Fruit

21
NO SCHOOL

22
Mr. Rib on WG Bun, Tri Tator, Broccoli, Fruit, Low Fat Chocolate Cake

23
Omelet, Pancake Sausage Bite, Tri Tator, Fruit, WG Chocolate Chip Muffin

24
Cheesy Pepperoni, Potato Wedges, Corn, Fruit

25
Burrito, Hummus w/Chips & Salsa, Carrots, Fruit

28
WG Mac & Cheese, Ham Patty, Green Beans, Fruit, Sweet Potato Biscuit

29
Sub-sandwich w/fixings, Baked Chips, Fresh Veggies w/RC Ranch Cup, Fruit, WG Cookie

30
Chicken Patty w/WG Bun, Hashbrown, Corn, Fruit

31
Sloppy Joe w/WG Bun, Baked Beans, Pasta Salad, Fruit

