







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>   </div>				
3 NO SCHOOL	4 Chicken Patty on WW Bun Grape Tomatoes Cucumber Slices/FF Dip Chilled Fruit Pretzel Rod <input type="checkbox"/>	5 Pasta Dippers w/Meat or Marinara Sauce Whole Wheat Breadstick Mixed Green Salad/LF Dressing Applesauce <input type="checkbox"/>	6 Hot Dog on WW Bun Baked Beans 100% Juice Petite Banana Animal Crackers <input type="checkbox"/> 	7 LF Pizza Baby Carrots/FF Dip Sliced Apples Assorted 100% Juice <input type="checkbox"/>
10 Meatball Sandwich Mixed Green Salad/LF Dressing 1/2 oz. Chips Chilled Fruit <input type="checkbox"/>	11 Hamburger w/Choice of Cheese on WW Bun Romaine Lettuce and Tomato Potato Casserole Chilled Fruit <input type="checkbox"/> 	12 Beef or Bean Taco Shredded Lettuce, Tomato and LF Cheese Refried Beans 100% Juice Sliced Apples <input type="checkbox"/> 	13 Turkey & Cheddar Cheese on Vegetable Wrap Raw Veggie Tray w/LF Dip Chilled Fruit <input type="checkbox"/>	14 LF Pizza Fresh Whole Fruit Basket Sliced Cucumbers/FF Dip Kids Chex Mix <input type="checkbox"/>
17 NO SCHOOL	18 Chicken Patty on WW Bun Sweet Potato/Apple Casserole Chilled Fruit Goldfish <input type="checkbox"/>	19 Beef Nachos w/Chips, Cheese Salsa & LF Sour Cream Shredded Lettuce & Tomato Refried Beans Sliced Apples <input type="checkbox"/>	20 Beef Sliders on WW Bun Seasoned Green Beans Fresh Fruit Cup Assorted 100% Juice <input type="checkbox"/>	21 LF Pizza Raw Veggie Tray w/FF Dip Assorted 100% Juice Pretzel Rod <input type="checkbox"/>
24 Fresh Chicken & Cheese Quesadillas w/Salsa Corn, Black Bean & Cilantro Salad Sweet Potato Fries Diced Peaches <input type="checkbox"/>	25 Baked WW Ziti w/Meat Sauce Celery Sticks/FF dip Applesauce Fresh Fruit <input type="checkbox"/>	26 NO SCHOOL	27 Cheeseburger on WW Bun Lettuce/Tomato/Pickle Orange Smiles Graham Cracker <input type="checkbox"/>	28 LF Pizza Raw Veggie Tray w/FF Dip Veggie Apple Slaw Assorted 100% Juice <input type="checkbox"/> 

NUTRITION TIP: Frozen vs. Fresh Vegetables:

Most Americans need to triple the daily vegetable servings to meet federal recommendations. Vegetables are important sources of many nutrients including potassium, dietary fiber, folate, and vitamins A, E and C.

MyPlate recommends: Make half you plate fruits and vegetables*

References: USDA, ChooseMyPlate.gov



**All Meals Include Choice of FF Chocolate Milk,
FF White Milk, or 1% White Milk.**

Menu Subject to Change