



All meals include a choice of 1% or non-fat milk.

This institute is an equal opportunity provider.



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

Pancake on a Stick
Apple Sauce
Juice
Milk

3

Tuesday

Biscuit
Ham & Egg Patty
Peaches
Juice
Milk

4

Wednesday

Breakfast Burrito
Fruit Cocktail
Juice
Milk

5

Thursday

Biscuit & Sausage Gravy
Banana
Juice
Milk

6

Friday

Breakfast Muffin
Yogurt Cup
Orange Slices
Juice
Milk

7

Breakfast Pizza
Apple Sauce
Juice
Milk

10

French Toast Sticks
Sausage Patty
Pears
Juice
Milk

11

Pancake on a Stick
Fruit Cocktail
Juice
Milk

12

Biscuit
Ham & Egg Patty
Banana
Juice
Milk

13

Cereal
Yogurt Cup
Orange Slices
Juice
Milk

14

Breakfast Burrito
Fruit Cocktail
Juice
Milk

17

Biscuit & Sausage Gravy
Peaches
Juice
Milk

18

Breakfast Pizza
Apple Sauce
Juice
Milk

19

French Toast Sticks
Sausage Patty
Banana
Juice
Milk

20

Breakfast Muffin
Yogurt Cup
Orange Slices
Juice
Milk

21

Pancake on a Stick
Peaches
Juice
Milk

24

Biscuit
Ham & Egg Patty
Fruit Cocktail
Juice
Milk

25

Breakfast Burrito
Pears
Juice
Milk

26

Biscuit & Sausage Gravy
Banana
Juice
Milk

27

Cereal
Yogurt Cup
Orange Slices
Juice
Milk

28





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Monday

Hamburgers **3**
Leafy Lettuce & Pickles
Baked French Fries
Mandarin Oranges

Tuesday

Taco Soup **4**
Tortilla Chips
Baby Carrots
Tropical Fruit

Wednesday

Pizza **5**
Mixed Salad with Spinach
Black-eyed Peas
Pineapple Tidbits

Thursday

Salisbury Steak **6**
Seasoned Rice with Gravy
Capri Vegetables
Fresh Grapes

Friday

Ham & Cheese San **7**
Leafy Lettuce & Pickles
Fresh Broccoli
Doritos
Cookies
Apple Slices

Chicken Fajitas **10**
Ranch Styles Beans
Corn
Mandarin Oranges

Sloppy Joes **11**
Potato Wedges
Baby Carrots
Peaches

Meat Ball Sub **12**
Mixed Salad with Spinach
Green Beans
Fresh Grapes

Creamed Chicken **13**
Mashed Potatoes
Sweet Peas
Hot Rolls
Tropical Fruit

Sub Sandwich **14**
Leafy Lettuce & Pickles
Fresh Broccoli
Doritos
Cookies
Apples Slices

Corn Dogs **17**
Baked Beans
Tater Tots
Pears

Chicken & Noodles **18**
Mixed Vegetables
Hot Rolls
Mandarin Oranges

Pizza **19**
Mixed Salad with Spinach
Black-eyed Peas
Pineapple Tidbits

Chicken Wraps **20**
Leafy Lettuce & Tomatoes
Green Beans
Fresh Grapes

Tuna Sandwiches **21**
Baby Carrots
Pickles Spear
Doritos
Cookies
Apple Slices

Pig in a Blanket **24**
Sweet Peas
Baked French Fries
Tropical Fruit

Pulled Pork San **25**
Baked Beans
Fresh Broccoli
Pineapple Tidbits

Meat Ball Sub **26**
Mixed Salad with Spinach
Green Beans
Fresh Grapes

Chicken Fried Steak **27**
Mashed Potatoes with Gravy
Corn
Hot Rolls
Strawberries

Turkey & Cheese San **28**
Leafy Lettuce & Pickles
Baby Carrots
Doritos & Cookies
Apple Slices

