



Lunch Prices: K-4 \$2.50, 5-12 \$2.75
Adults \$3.75 Extra milk \$0.50



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL 5

Super Nachos, 6
Mexi-Cali Corn, Pears,
Churros and Milk

Spaghetti, Salad 7
Mix, Bread Sticks,
Peaches and Milk

Orange Chicken, 8
Rice, Egg Rolls, Fortune
Cookie, Pineapple
and Milk

Cheeseburgers, 9
Crinkle Fries, Banana,
Jell-O and Milk

Hot Roast Beef 12
Sandwich, Curly Fries,
Apples, Chocolate Ice
Cream and Milk

Walking Taco, 13
Salad Mix, Red Grapes
and Milk

Scalloped Potatoes & 14
Ham, Dinner Rolls,
Pears and Milk

Chicken Nuggets, 15
Sweet Potato Fries,
Banana, Animal
Crackers and Milk

Pizza, Carrots 16
w/Ranch, Fruit
Ambrosia and Milk

Pulled Pork 19
Sandwiches, Potato
Wedges, Apples, Rice
Krispy Treat and Milk

Burritos w/Cheese, 20
Salad Mix, Grapes and
Milk

Tater Tot Casserole, 21
Dinner Rolls, Peaches,
Cookie and Milk

Corn Dogs, Baked 22
Beans, Chips,
Oranges and Milk

Mac & Cheese w/ 23
Smokies, Green Beans,
Grapes and Milk

Chicken Fried Steak 26
Sandwich, Seasoned
Fries, Oranges, Tapioca
Pudding and Milk

Chili, 27
Cinnamon Rolls, Pears
and Milk

Chicken Alfredo, 28
Garlic Bread, Salad Mix,
Grapes and Milk

Chicken Drum 29
Sticks, Potato Salad,
Watermelon, Biscuit and
Milk

Calzones, Carrots 30
w/Ranch, Brownies,
Apples and Milk