



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.
This institution is an equal opportunity provider and employer



Monday

1) Chicken Strips/Roll **2**
 2) Pizza
 Steamed Broccoli/Potatoes
 Fruit/Juice

Tuesday

1) Corn Dog Nuggets **3**
 2) Grilled Chicken Sandwich
 Baked Beans/Mixed Veggies
 Fruit/Juice

Wednesday

1) Chef Salad/Crackers **4**
 2) Spaghetti
 Side Salad/Lima Beans
 Cheesy Bread
 Fruit/Juice

Thursday

1) Fruit Yogurt Plate **5**
 2) Cheesy Chicken/Rice
 Green Beans/Sweet Potato
 Roll/Fruit/Juice

Friday

1) Fruit Yogurt Plate **6**
 2) Hot Dog
 French Fries/Raw Veggies
 Fruit/Juice

**NO SCHOOL
 FALL HOLIDAY** **9**

1) Steak Finger/Roll **10**
 2) Ham-Cheese Wrap
 Mashed Potatoes/Green
 Beans/Roll/Fruit/juice

1) Chef Salad/Crackers **11**
 2) Ranch Baked Chicken
 Green Peas/California
 Veggies/Roll/Fruit/Juice

1) Fruit Yogurt Plate **12**
 2) Mandarin Chicken
 Fried Rice/Steamed Broccoli
 Mixed Veggies/Fruit/Juice

1) Fruit Yogurt Plate **13**
 2) Sloppy Joe Sliders
 French Fries/Cole Slaw
 Fruit/Juice

1) Hamburger Patty **16**
 Mashed Potatoes-Gravy
 2) Grilled Chicken Sandwich
 Lima Beans/Carrots
 Fruit/Juice

1) Chicken Nuggets **17**
 2) Mexican Pizza
 California Veggies/Green
 Peas
 Fruit/juice

1) Chef Salad/Crackers **18**
 2) Red Beans/Rice
 Turnip Greens/Cole Slaw
 Biscuit/Fruit/Juice

1) Fruit Yogurt Plate **19**
 2) Quesadilla
 Side Salad/Corn
 Fruit/Juice

1) Fruit Yogurt Plate **20**
 Beef Steak Cheese Burger
 French Fries/Raw Veggies
 Fruit/Juice

1) Honey BBQ Chicken **23**
 Wings/
 2) Meat Ball Sub
 Broccoli/Mixed Veggies
 Fruit/Juice

1) Nacho Grande **24**
 2) Spicy Chicken Sandwich
 Corn/Celery/Tomatoes
 Fruit/Juice

1) Chef Salad/Crackers **25**
 2) Chili in Bread Bowl
 Side Salad/Carrots
 Fruit/Juice

1) Fruit Yogurt Plate **26**
 2) Chicken Strips/Roll
 California Veggies/Potatoes
 Fruit/Juice

1) Fruit Yogurt Plate **27**
 2) Grilled Cheese
 French Fries/Raw Veggies
 Fruit/Juice

1) Corn Dog Nuggets **30**
 2) Stuffed Crust Pizza
 Baked Beans/Cole Slaw
 Fruit/Juice

1) Stromboli Hot Pocket **31**
 2) Grilled Chicken Sandwich
 Peas/California Veggies

