



**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
- Broccoli/ Au gratin Potatoes
- Fruit

### Tuesday

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

### Wednesday

- 1) Chef Salad/Crackers **4**
- 2) Spaghetti
- 3) Hamburger
- Side Salad/Lima Beans
- Garlic Bread/Fruit

### Thursday

- 1) Chef Salad/Crackers **5**
- 2) Cheesy Chicken/Rice
- Green Beans/Sweet Potato
- Roll/Fruit/Jell-O

### Friday

- 1) Chef Salad/Crackers **6**
- 2) Hot Dog
- French Fries/Raw Veggies
- Fruit

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

- 1) BBQ Pork Bun **10**
- 2) Managers Choice
- Fries /Cole Slaw
- Fruit

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

- 1) Chef Salad/Crackers **12**
- 2) Mandarin Chicken
- 3) BBQ Rib Sub
- Fried Rice/Steamed Broccoli
- Mixed Veggies/Fruit/Cookies

- 1) Chef Salad/Crackers **13**
- 2) Steak Fingers
- 3) Ham & Cheese Sub
- Rice/Green Beans
- Biscuit/Fruit

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

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

- 1) Chef Salad/Crackers **18**
- 2) Red Beans/Rice
- 3) Corn Dog
- Turnip Greens/Cole Slaw
- Biscuit/Fruit

- 1) Chef Salad/Crackers **19**
- 2) Quesadilla
- 3) Hot Ham & Cheese Sub
- Side Salad/Corn
- Fruit/Juice

- 1) Chef Salad/Crackers **20**
- Beefsteak Cheeseburger
- French Fries/Raw Veggies
- Fruit

- 1) Honey BBQ Chicken **23**
- Wings/Roll
- 2) Turkey Wrap
- Broccoli/Mixed Veggies
- Fruit

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

- 1) Chef Salad/Crackers **25**
- 2) Chili w/Cheesy Bread
- 3) Pizza
- Side Salad/Carrots
- Fruit

- 1) Chef Salad/Crackers **26**
- 2) Chicken Nuggets/Roll
- 3) Deli Sub
- California Veggies/Tossed
- Salad/Fruit

- 1) Chef Salad/Crackers **27**
- 2) Grilled Cheese
- French Fries/Raw Veggies
- Fruit

- 1) Corn Dog Nuggets **30**
- 2) Stuffed Crust Pizza
- Baked Beans/Mexi Cal Corn
- Fruit/Cookie

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

