



Monday	Tuesday	Wednesday	Thursday	Friday
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<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  <h3>Nutrition Byte</h3> <p>Take your time eating and chew slowly. It takes 20 minutes for your brain to tell your body that you are full.</p> </div> <div style="text-align: center;">  </div> </div>				
4	5	6	7	8
Nachos Refried Beans Corn Peaches Pears Milk	Cheeseburger Green Beans Cot Ch & Tomato Baked Apples Orange Wedges Milk	Chicken & Noodles Mashed Potatoes California Blend Veg. wg/ Roll Applesauce Strawberries Milk	Br Chicken Sandwich Sweet Potato Fries Garden Salad/R Apple Slices & Dip Mixed Fruit Milk	Stuffed Crust Pizza Cooks Choice Vegetable & Fruit Milk
11	12	13	14	15
Spaghetti Garlic Toast Carrots & Dip Green Beans Peaches Mixed Fruit Milk	Chicken Strips Broccoli & Cheese Corn Orange Wedges Apple Sauce Milk	Sloppy Joe Baked Beans Slaw Baked Chips Pear Apple Milk	Country Fried Steak/Gr Scalloped Potatoes Salad/R wg/Roll Strawberries Banana Milk	Calzone Cooks Choice Vegetable & Fruit
18	19	20	21	22
 NO SCHOOL Snow Make-Up Day	Hot Ham & Cheese Potato Smiles Broccoli & Cheese Applesauce Peaches Milk	Chicken Nuggets Green Beans Steamed Carrots Pears Orange Wedges Milk	Soft Taco Refried Beans Salsa & Chips Grapes Mixed Fruit Milk	Pizza Cooks Choice Vegetable & Fruit
25	26	27	28	
Macaroni & Cheese Green Beans Slaw Pear Apple Milk	Hot Dog Baked Beans Broccoli & Cheese Baked Apples Mixed Fruit Milk	Mini Cheeseburgers Fries Steamed Carrots Peaches Pineapple Milk	Turkey Bacon Wrap/R Potato Soup & Cracker Cot. Cheese & Tom. Applesauce Strawberries & Bananas Milk	

A chef salad or jammer sandwich will also be offered every day.

BREAKFAST

MONDAY

- Pop Tarts
- Yogurt
- Juice, Milk



TUESDAY

- Pancakes & Sausage
- Juice
- Milk

WEDNESDAY

- Sausage Gravy & Biscuit
- Juice
- Milk

THURSDAY

- Breakfast Pizza
- Juice
- Milk

FRIDAY

- Donut
- Yogurt
- Juice
- Milk

A variety of cold cereal will also be offered every day as a main item for breakfast.

