



Bringing our community together through diverse, nutritious, and delicious food choices.



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**Double Dog Day** 6  
Wheat Roll  
Baked Beans  
Apple  
Milk

**Soft Beef Tacos w/** 7  
Lettuce, Tomato, Cheese  
Carrots  
Mixed Fruits  
Milk

**Chicken Tenders w/** 8  
**Wheat Roll**  
Corn  
Pineapples  
Milk

**Spaghetti w/Meat** 9  
**Sauce**  
Broccoli  
Oranges  
Milk

**Four Cheese Pizza** 10  
Green Beans  
Mixed Fruits  
Milk

**Turkey & Cheese On** 13  
**Wheat Roll**  
Spinach  
Pears  
Milk

**Nachos w/Ground** 14  
**Beef & Beans**  
Corn  
Peaches  
Milk

**Hot Turkey on** 15  
**Wheat Bread**  
Sweet Potatoes  
Applesauce  
Milk

**Cheeseburger on** 16  
**Wheat Roll**  
Peas  
Pineapples  
Milk

**Wheat Cheese Pizza** 17  
Green Beans  
Oranges  
Milk

**School Closed** 20  
**Martin Luther King Jr.**  
**Day**

**Taco Tuesday** 21  
Hard Taco w/Lettuce  
Tomato, Cheese,  
Spinach  
Mixed Fruits  
Milk

**Roasted Chicken w/** 22  
**Wheat Roll**  
Carrots  
Pineapples Chunks  
Milk

**Sloppy Joe on** 23  
**Wheat Roll**  
Corn  
Fruit Cocktail  
Milk

**Pizza Friday** 24  
Wheat Cheese Pizza  
Green Beans  
Oranges  
Milk

**Roast Beef Po' Boy** 27  
Carrots  
Pineapples  
Milk

**Beef & Bean Burrito** 28  
Spinach  
Peaches  
Milk

**Turkey & Cheese Sub** 29  
On Wheat Roll  
Potato Salad  
Mixed Fruit  
Milk

**Italian Meatball on** 30  
**Wheat Roll**  
Lima Beans  
Apple Slices  
Milk

**Wheat Cheese Pizza** 31  
Green Beans  
Pears  
Milk