



This institution is an equal opportunity provider.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Peperoni Pizza
Mixed Vegetables
Pineapple
Milk

1

Tuesday

Walking Tacos
Green Beans
Applesauce
Milk

2

Wednesday

Breaded Pork Patty
Sandwich
Corn
Pears
Milk

3

Thursday

Meatball Sub
Peas
Mixed fruit
Milk

4

Friday

Turkey and Bacon
Flatbread
Baby Carrots
Pears
Milk

5

Corn Dog
Carrot Slices
Mandarin Oranges
Milk

8

Beef and Bean Burrito
Black Beans
Mandarin Oranges
Milk

9

Spaghetti W/Meat Sauce
Breadstick
Green Beans
Applesauce
Milk

10

Ham & Cheese Sub
Baby Carrots
Apple Slices
Milk

11

Chili Cheese Dogs
Mixed Vegetables
Peaches
Milk

12

Cheeseburger
Baked Beans
Pears
Milk

15

Chicken Tacos
Black Beans
Diced Mango
Milk

16

Fish Sandwich
French Fries
Peaches
Milk

17

Chicken Alfredo
Bowtie Pasta
Breadstick
Broccoli
Pears
Milk

18

No School

19

Hot Ham and Cheese
Sandwich
Peaches
Country Trio Veggies
Milk

22

Crispito
Chips W/Cheese
Corn
Pears
Milk

23

Sausage & Peperoni
Calzone
Romaine Salad
Pears
Milk

24

Chicken & Gravy w/Biscuit
Mashed Potatoes
Apricots
Milk

25

Shrimp Poppers
Mac n Cheese
Green Beans
Peaches
Milk

26

Milk offered daily:
White, Chocolate, and
Strawberry Skim Milk
White 1% Milk

