



**School Information:** Daily Milk Choices: Low fat, Skim, 0% Chocolate & 0% Strawberry  
 School Breakfast Cost \$2.00  
 School Lunch Cost \$3.25



**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.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Crispy Chicken Patty on a WW Bun **4**  
 Lettuce & Tomato  
 Potato Rounds, Corn  
 Choice of Fruit

Pasta w/ Meatballs **5**  
 WW Bread Stick  
 Tossed Garden Salad  
 Choice of Fruit

Beefy Nacho Platter **6**  
 Olives, Tomato & Cheese  
 Sauce, Brown Riced  
 Corn & Black Bean  
 Choice of Fruit

No Lunch **7**  
 Early Dismissal

Cheesy Pizza Dunkers **1**  
 w/ Marinara Sauce  
 Tossed Garden Salad  
 Choice of Fruit

Wild Mike's Pizza Bites **8**  
 w/ Marinara Sauce  
 Tossed Garden Salad  
 Choice of Fruit

Chicken Tenders w/ **11**  
 Dipping Sauce  
 Mashed Potatoes  
 Green Beans  
 Choice of Fruit

Pasta w/ Meat Sauce **12**  
 WW Dinner Roll  
 Tossed Garden Salad  
 Choice of Fruit

Toasted Cheese Sandwich **13**  
 Chicken & Vegetable Soup  
 Potato Rounds  
 Choice of Fruit

Hot Dog on a WW Bun **14**  
 Oven Baked French Fries  
 Cucumber & Tomato Salad  
 Choice of Fruit

Mozzarella Pizza Crunche **15**  
 w/ Marinara Sauce  
 Tossed Garden Salad  
 Choice of Fruit

Chicken Nuggets w/ **18**  
 Dipping Sauce  
 Potato Rounds  
 Green Peas  
 Choice of Fruit

LF Macaroni & Cheese **19**  
 Corn Dog Nuggets  
 Broccoli  
 Choice of Fruit

No Lunch **20**  
 Early Dismissal

Breakfast for Lunch **21**  
 WG French Toast Sticks,  
 Sausage Links, Apple Crisp  
 Orange Glazed Carrots  
 Choice of Fruit

Cheesy Pizza Dunkers **22**  
 w/ Marinara Sauce  
 Tossed Garden Salad  
 Choice of Fruit

Asian Orange Chicken, **25**  
 Vegetable Fried Rice,  
 Broccoli  
 Choice of Fruit

Pasta w/ Meatballs **26**  
 WW Bread Stick  
 Caesar Salad  
 Choice of Fruit

Chicken Nacho Platter **27**  
 Diced Tomatoes, Olives &  
 Salsa, Brown Rice  
 Rainbow Vegetable Tray  
 Choice of Fruit

Cheeseburger on a **28**  
 WW Bun  
 Lettuce & Tomato  
 Oven Baked French Fries  
 Choice of Fruit

Wild Mike's Pizza Bites **29**  
 w/ Marinara Sauce  
 Tossed Garden Salad  
 Choice of Fruit