



**Choice of 1% or skim milk
Offered daily!!
Menu subject to change**



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

1
Bean and cheese burrito
red chili tossed salad
1oz ranch, diced pears
milk

2
Frito pie, cheese, lettuce
tomato WG roll
applesauce
milk

3
Quesadilla
corn, 1oz salsa
fruit cocktail
milk

4
Chicken Fajitas W/ veggies
WG tortilla, cheese pinto beans
1oz salsa diced peaches
milk

5
Grilled cheese
oven fries, 1oz ketchup
orange smiles
milk

8
Cheeseburger on WG bun
lettuce/tomato oven fries 1oz
ketchup, mustard, mayo
orange smiles
milk

9
Red chili enchiladas
WG roll, lettuce/tomato
pinto beans
applesauce
milk

10
Cheese pizza
tossed salad 1oz ranch
pineapple tidbits
milk

11
Chicken soft tacos, cheese
lettuce/tomato 1oz salsa
corn diced pears
milk

12
NO SCHOOL
TEACHER IN- SERVICE

15
Chicken Nuggets BBQ sauce
oven fries 1oz ketchup
orange smiles
milk

16
Charbroiled beef patty
whipped potatoes, gravy
green beans WG roll
applesauce
milk

17
Spaghetti W/ meat sauce
green beans
breadstick
fruit cocktail
milk

18
Turkey corn dog 1oz mustard
tater tots, 1oz ketchup
carrots 1oz ranch
orange smiles
milk

19
Chicken patty on WG bun
lettuce/tomato 1oz mayo
corn, fruit cocktail
milk

22
Green chili chicken
enchiladas, lettuce/tomato
pinto beans WG roll
applesauce
milk

23
Cheese pizza
tossed salad 1oz ranch
pineapple tidbits
milk

24
Frito pie, cheese
lettuce/tomato
WG roll
applesauce
milk

24
Bean and cheese burrito
red chili tossed salad
1oz ranch, diced pears
milk

26
Grilled cheese
carrots/celery 1oz ranch
oven fries 1oz ketchup
orange smiles
milk

29

30

31

