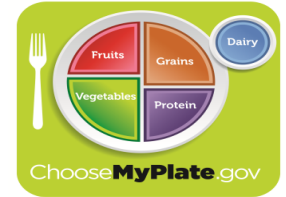


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	L Chicken Patty on a *WW Bun, Salad with ranch dressing Pears * LF/NF Milk	L Beef and Bean Enchilada Pie Salad with ranch dressing Peaches *LF/NF Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NF Milk	L Hot Dog on a *WW Bun, Fries Zucchini and Carrots, Fresh Oranges *LF/NF Milk
7	8	9	10	11
L Teriyaki Chicken, Brown Rice Salad with ranch dressing Apricots * LF/NFC Milk	L *W W Bean and Cheese Burrito Salad with ranch dressing Fruit Mix *LF/NFC Milk	L *WW Spaghetti w/meat sauce Bread Stick, Pears Salad with ranch dressing *LF/NFC Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple *LF/NFC Milk	L Corn Dog, Fries Broccoli and Carrots Fresh Oranges *LF/NFC Milk
14	15	16	17	18
L *WW Macaroni and Cheese Salad with ranch dressing Apricots *LF /NFC Milk	L Hamburger on a *W W Bun Salad with ranch dressing Pears *LF /NFC Milk	L Chicken Tenders, Brown Rice Salad with ranch dressing Peaches *LF /NFC Milk	L *W W Big Daddy Pizza Salad with italian dressing dried fruit, Pineapple * LF/NFC Milk	L Hot Dog on a *WW Bun, Fries Carrots and Celery Fresh Oranges *LF/NFC Milk
21	22	23	24	25
L Roasted Chicken Brown Rice , Salad with ranch dressing, Apricots *LF/NFC Milk	L Taco Salad with meat and cheese with Salsa, *W Grain Chips Pineapple *LF/NFC Milk	L *WW Spaghetti w/meat sauce Bread Stick, Salad with ranch dressing, Pears *LF/NFC Milk	L *WW Big Daddy Pizza Salad with italian dressing dried fruit, Fruit Mix *LF/NFC Milk	L Corn Dog, Fries Broccoli and Carrots Fresh Apples *LF/NFC Milk



Choose MyPlate.gov
rethink Your Drink

- Choose**
- .Water
 - .Low Fat (1%0 or Fat Free Milk
 - .100% fruit juice
 - .100% vegetable juice

BREAKFAST
Each student must have 2 items on their plate when leaving the breakfast line.

LUNCH
Each student must have 3 items on their plate when leaving the lunch line.
Each student must have 1/2 cup fruit or 1/2 cup vegetables.

One item for breakfast and lunch must be milk.

Sandwiches are served with mayonnaise and mustard packets

Hamburgers are served with mustard and ketchup packets

*WW=Whole Wheat
*LF=Low Fat
*NFC=Non Fat Chocolate