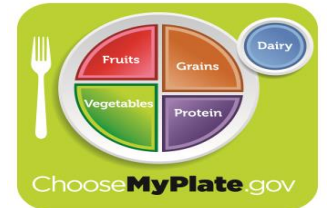


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			L *WW Big Daddy Pizza Salad with italian dressing dried fruit, Fruit Mix *LF/NFC Milk	L Corn Dog, Fries Broccoli and Carrots Fresh Apples *LF/NFC Milk
5	6	7	8	9
L Chicken Tender, *Brown Rice Salad with ranch dressing Apricots * LF /NF Milk	L Chicken 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 Zuchinini and Carrots, Fresh Oranges *LF/NF Milk
12	13	14	15	16
LINCOLNS BIRTHDAY NO SCHOOL	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
19	20	21	22	23
WASHINGTONS BIRTHDAY NO SCHOOL	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
26	27	28		
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		



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