



Lunch
Reduce
Adult

\$3.00
\$0.40
\$4.25



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Soft Pretzel w/Cheese **5**
Chefs Choice Soup
Apple Sauce
Milk

Chicken Nuggets **6**
Mixed Veggies
Pears
Cookie
Fruit Juice & Milk

Pancakes & Sausage **7**
Tater Tots
Side Kicks Fruit Cup
Milk

Popcorn Chicken Bowl **1**
W/Mashed Potatoes
Corn
Dinner Roll
Fruit Juice & Milk

Italian Dunkers **2**
w/Dipping Sauce
Side Salad
Mixed Fruit
Milk

Mini Corn Dogs **12**
Seasoned Carrots
French Fries
Mixed Fruit
Milk

Chicken Taco Salad **13**
Corn
Churro
Fruit Juice & Milk

Pizza **14**
Broccoli
Side Kicks Fruit Cups
Milk

Holiday **15**
Lunch

Breakfast Sandwich **16**
Smiles
Apple Slices
Milk

Hot Dog **19**
Baked Beans
Pineapple Tidbits
Milk

Cheeseburger **20**
Crinkle Cut Fries
Peaches
Fruit Juice & Milk

Cheese Calzone **21**
Cooked Cauliflower
Pears
Milk

Chicken Tenders **22**
Dinner Roll
Cooked Carrots
Fruit Juice & Milk

Holiday **23**
Break

Holiday **26**
Break

Holiday **27**
Break **31**

Holiday
Break

Holiday **29**
Break

Holiday **30**
Break