



CHOCOLATE AND WHITE MILK SERVED DAILY. CHOICE OF SALAD BAR IS AVAILABLE TO GRADES 3-12. MENUS ARE SUBJECT TO CHANGE.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

HOT HAM AND CHEESE
SPAGHETTI AND SAUCE **1**
CORN
PINEAPPLE

CHICKEN STIR FRY **2**
GREEN BEANS
RICE
APPLESAUCE

SAUSAGE EGG BISCUIT **3**
HASH BROWNS
FRUIT SALAD
YOGURT

CHILI FRITO PIE **4**
APPLES
CARROT STICKS
BROWNIES

HOT DOGS **5**
BAKED BEANS
SALAD
FRUIT
RICE KRISPY TREATS

CHEESEBURGER ON BUN **8**
TATOR TOTS
PEACHES
GRAHAM CRACKERS

TACOS **9**
CORN
FRUIT SALAD
JELLO

CHICKEN PATTY **10**
GREEN BEANS
STRAWBERRIES
BREAD

CORN DOG **11**
BAKED BEANS
SALAD
PEARS
COOKIES

CHICKEN NOODLE SOUP **12**
GRILLED CHEESE SANDWICH
PEACHES
BROCCOLI

NO SCHOOL TODAY **15**

SAUSAGE GRAVY AND **16**
BISCUITS
HASHBROWNS
ORANGES
FRUIT JUICE

FISH STICKS **17**
MAC AND CHEESE
PEAS
PEARS

SLOPPY JOE ON BUN **18**
GREEN BEANS
PEACHES
YOGURT

PIZZA **19**
SALAD
FRUIT
PUDDING

SAUSAGE PATTY **22**
PANCAKES
HASHBROWNS
ORANGES
CARROT STICKS

NACHOS AND DIP **23**
CORN
PEARS
BROCCOLI

CHICKEN ALFREDO **24**
GREEN BEANS
APPLESAUCE
BREAD

BBQ RIB PATTY **25**
BAKED BEANS
PEACHES
COOKIES

VEGETABLE SOUP **26**
GRILLED CHEESE
CARROT STICKS
APPLES

