



In accordance with Federal Law this institution is an equal opportunity provider and employer. Fat free and 1% milk is serviced daily. Assorted 100% fruit juice is served daily.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Breakfast pizza or assorted Cereal and crackers. **2**
Assorted fruit or juice. Milk.

Cinnamon roll and yogurt or Assorted cereal and crackers. **9**
Assorted fruit or juice. Milk

HOLIDAY **16**
ALL BREADS AND ROLLS SERVED ARE WHOLE WHEAT

French toast and eggs **23**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Cinnamon roll or Assorted Cereal and crackers. **30**
Assorted fruit or juice. Milk

Tuesday

Pancake and sausage **3**
assorted cereal and crackers.
Assorted fruit or juice. Milk

French toast **10**
Or Assorted cereal and crackers. Assorted fruit or Juice. Milk.

Cinnamon roll or Assorted Cereal and crackers. **17**
Assorted fruit or juice. Milk

Assorted cereal and crackers or muffin. **24**
Assorted fruit or juice. Milk

Assorted Muffins **31**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Wednesday

French toast and egg **4**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Breakfast pizza or Assorted Cereal and crackers. **11**
Assorted fruit or . Milk

Breakfast pizza or Assorted Cereal and crackers. **18**
Assorted fruit or juice. Milk

Breakfast waffle and sausage or Assorted Cereal and crackers. **25**
Assorted fruit or juice . Milk

Thursday

Sausage biscuit or Assorted Cereal and crackers; yogurt. **5**
Assorted fruit or juice. Milk

Assorted muffins **12**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Pancake and egg **19**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Turkey breakfast bagel **26**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Friday

Assorted cereal and crackers or muffin. **6**
Assorted fruit or juice. Milk

Pancake and egg **13**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Pop tart and yogurt **20**
Or Assorted cereal and crackers.
Assorted fruit or juice. Milk

Whole grain grits and Egg Or Assorted cereal and crackers. **27**
Assorted fruit or juice. Milk



This menu is subject to change.



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Monday

Tuesday

Wednesday

Thursday

Friday

HOLIDAY

2



BBQ pork on rice or turkey corn dogs. Sweet potato patties; steamed broccoli or chef salad with diced chicken and roll. Apples; oranges. Milk.

Chicken tenders or fish Sticks. Green beans Sweet potato tots. **or** chef salad with turkey slices and roll; pear slices; apples. Milk.

Assorted pizza; garden salad; steamed broccoli **or** chef salad with diced chicken and roll. Peach slices; oranges. Milk

Beef vegetable soup & roll or turkey sandwich. Carrot slices and sweet peas. Oranges; bananas. Milk.

Chicken **or** fish Sandwich with lettuce and tomatoes **or** chef salad with Diced chicken. Oven baked fries; green beans. Pear slices; peach slices. Milk

9

Hamburger **or** turkey Sandwich with lettuce and tomatoes **or** chef salad with Chicken tenders and roll. Broccoli; Coleslaw; fruit cocktail; peach slices. Milk

10

Baked chicken with rice. Collard greens; carrot slices **or** chef salad with turkey ham and roll. Apples; plums. Milk.

11

BBQ pork on bun with broccoli; sweet potato fries **or** chef salad with chicken tenders; roll; .bananas; oranges. Milk.

12

Chicken tenders or nuggets; green beans; steamed carrots **or** chef salad; roll; Brownie. Apples; plums. Milk.

13

HOLIDAY

16

Chicken alfredo **or** Turkey ham sandwich. Broccoli; Carrot slices; apples; pineapple tit bits. Milk

17

Sloppy Joe **or** chicken Tenders or chef salad with diced ham and roll. Corn; green beans. Oranges; peach slices. Milk.

18

Beef Spaghetti or chicken sandwich w/ lettuce, and tomatoes; collards ; steamed carrot; bananas; peach slices & milk

19

Chicken fajita wrap **or** Turkey Sandwich with side salad; sweet potato bites; green beans. Sliced pears; Apples. Milk

20

Assorted pizza; garden salad; steamed broccoli **Or** Chef salad with diced chicken and roll. Peach slices; oranges. Milk

23

Beef vegetable soup& roll or turkey sandwich. Carrot slices and sweet peas. Oranges; bananas. Milk.

24

Beef **or** chicken tacos. Baked beans; carrot slices. Pineapple chunks; peach slices. Milk.

25

Baked chicken with rice. Collard greens; carrot slices **or** chef salad with turkey ham and roll. Apples; plums. Milk.

26

BBQ pork on rice or turkey corn dogs. Carrot slices; steamed broccoli. Apples; oranges. Milk.

27

Chicken tenders or fish Sticks. Green beans Sweet potato tots. **or** chef salad with turkey slices and roll; pear slices; apples. Milk

30

Hamburger **or** chicken Sandwich with lettuce and tomatoes; Broccoli; steamed carrot slices; apples; tangerines. Milk

31

Fat free and 1% milk; assorted fruit and 100% juice is served daily. All breads and rolls served are whole grain.

