

MONDAY

TUESDAY

WEDNESDAY

Thursday

FRIDAY



Medical Statement for Children with Special Dietary Needs:
Each special dietary request must be supported by a statement, which explains the food substitution that is medical authority requested. It must be signed by a recognized authority.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Country Fried Steak
Pork Roast w/Gravy
Mashed Potatoes
Turnips
Steamed Carrots
Cornbread
Fresh Fruit
Diced Pears

2
Pizza
Corn dog
Baked Beans
French Fries
Peaches
Juice
Cup Cake

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
Meatloaf
Chicken Chunks
Mac & Cheese
Roll
Blackeyed Peas
Carrots
Fruit Cocktail
Juice

6
Spaghetti
Bread Sticks
Pizza
Shredded Lettuce
Tomato Cherry
Corn
Diced Pears
Fresh Fruit

7
Chicken Teriyaki Nugget
Fish
Scalloped Potato
Steamed Broccoli/Cheese
Roll
Fresh Fruit
Peaches

8
Oven Baked Chicken
Salisbury Steak
Mashed Potatoes
Gravy Brown
Seasoned Green Beans
Rip Tide Slushie
Cinnamon Spiced Apples
Wheat Roll W.G.

9
Chicken Sandwich
BBQ Pork Sandwich
French Fries
Dill Spear
Baked Beans
Mandarin Oranges
Juice
Fresh Cookies

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12
Grilled Chicken Sandwich
Hamburger
French Fries
Shredded Lettuce
Tomato Sliced
Carrots
Juice
Fruit Cocktail

13
Chilli
Fish Sandwich
Tater Tots
Popeye Salad
Fresh Fruit
Rip Tide Slushie
Rice Krispie

14
Taco Chips/ Beef
Hot Dog
French Fries
Shredded Lettuce
Tomato Cherry
Corn
Apricots
Pineapple Tidbits

15
Country Fried Steak
Pork Roast w/Gravy
Mashed Potatoes
Turnips
Steamed Carrots
Cornbread
Fresh Fruit
Diced Pears

16
Pizza
Corn dog
Baked Beans
French Fries
Peaches
Juice
Cup Cake

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

19
Meatloaf
Chicken Chunks
Mac & Cheese
Roll
Blackeyed Peas
Carrots
Fruit Cocktail
Juice

20
Spaghetti
Bread Sticks
Pizza
Shredded Lettuce
Tomato Cherry
Corn
Diced Pears
Fresh Fruit

21
Chicken Teriyaki Nugg.
Fish
Scalloped Potato
Steamed Broccoli/Cheese
Roll
Fresh Fruit
Peaches

22
Oven Baked Chicken
Salisbury Steak
Mashed Potatoes
Gravy Brown
Seasoned Green Beans
Rip Tide Slushie
Cinnamon Spiced Apples
Wheat Roll W.G.

23
Chicken Fillet / Roll
BBQ / Roll
French fries
Carrots
Sliced Apples
Blueberry Juice
Rice Krispie



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

26
Grilled Chicken Sandwich
Hamburger
French Fries
Shredded Lettuce
Tomato Sliced
Carrots
Juice
Fruit Cocktail

27
Chilli
Fish Sandwich
Tater Tots
Popeye Salad
Fresh Fruit
Rip Tide Slushie
Rice Krispie

28
Taco Chips/ Beef
Hot Dog
French Fries
Shredded Lettuce
Tomato Cherry
Corn
Apricots
Pineapple Tidbits

29
Country Fried Steak
Pork Roast w/Gravy
Mashed Potatoes
Turnips
Steamed Carrots
Cornbread
Fresh Fruit
Diced Pears

30
Pizza
Corn dog
Baked Beans
French Fries
Peaches
Juice
Cup Cake

Low fat and fat free white, strawberry, lactose free and chocolate milk offered daily.



Avg Nutrients Target

Calories... 532
Cholesterol.. 54 mg
Sodium. 750 mg
Sugar 25 g
Carbohydrates 70.9 g

Avg Nutrients Target

Calories...664
Cholesterol...70mg
Sodium. 1155 mg
Sugar 30 g
Carbohydrates 92.5 g

Avg Nutrients Target

Calories... 794
Cholesterol...88 mg
Sodium.1598mg
Sugar 31.1 g
Carbohydrates 99.1 g

Avg Nutrients Target

Calories...664
Cholesterol...70mg
Sodium. 1155 mg
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Carbohydrates 92.5 g

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