



Fat free and 1% milk is served daily. All breads, rolls and pasta are whole grain.

THIS MENU IS SUBJECT TO CHANGE



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Monday



Tuesday



Wednesday

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Thursday

Friday

Assorted cereal and cracker or grits and eggs Assorted fruit or assorted fruit juice. Assorted Milk **5**

Assorted cereal and crackers or cinnamon roll; sausage patty. Assorted fruit or assorted fruit juice. Assorted Milk **6**

Assorted cereal and cracker or sausage biscuit. Assorted fruit or assorted fruit juice. Assorted Milk **7**

Assorted cereal and cracker or assorted muffins; Sausage patty. Assorted fruit or fruit juice. Assorted Milk. **1**

Assorted cereal and cracker or waffle; scrambled eggs. Assorted fruit or assorted fruit juice. Assorted Milk **2**

Assorted cereal and cracker or muffin; sausage. Assorted fruit or assorted fruit juice. Assorted Milk **12**

Assorted cereal and cracker or grits and eggs. Assorted fruit or assorted fruit juice. Assorted Milk **13**

Assorted cereal and crackers or breakfast pizza. Assorted fruit or assorted fruit juice. Assorted Milk **14**

Assorted cereal and cracker or pancake and eggs. Assorted fruit or assorted fruit juice. Assorted Milk **8**

Assorted cereal and cracker or waffle; sausage. Assorted fruit or assorted fruit juice. Assorted Milk **9**

Assorted cereal and cracker or French toast; yogurt. Assorted fruit or assorted fruit juice. Assorted Milk **15**

Assorted cereal and cracker or muffins; Sausage patty. Assorted fruit or assorted fruit juice. Assorted Milk **16**

Assorted cereal and cracker or waffle; scrambled eggs. Assorted fruit or assorted fruit juice. Assorted Milk **19**

Assorted cereal and cracker or grits and eggs. Assorted fruit or assorted fruit juice. Assorted Milk **20**

Assorted cereal and cracker or sausage biscuit. Assorted fruit or assorted fruit juice. Assorted Milk **21**

Assorted cereal and crackers or waffle; sausage. Assorted fruit or assorted fruit juice. Assorted Milk **22**

Assorted cereal and cracker or cinnamon roll; eggs. Assorted fruit or assorted fruit juice. Assorted Milk **23**

Assorted cereal and cracker or muffin; sausage Assorted fruit or assorted fruit juice. Assorted Milk **26**

Assorted cereal and cracker or pancake and eggs Assorted fruit or assorted fruit juice. Assorted Milk **27**

Assorted cereal and cracker or grits and eggs. Assorted fruit or assorted fruit juice. Assorted Milk **28**

Assorted cereal and cracker or breakfast pizza. Assorted fruit or assorted fruit juice. Assorted Milk **29**

Assorted cereal and cracker or French toast; yogurt. Assorted fruit or assorted fruit juice. Assorted Milk **30**



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Monday



Tuesday



Wednesday

Thursday

Friday

9

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Assorted pizza; green beans; side salad (tomatoes, lettuce); Assorted fruits. Assorted milk. **1**

Fish sandwich or chicken sandwich. Steamed carrots, oven fries. Assorted fruits. Assorted Milk. **2**

5

Beef or chicken tacos. Steamed broccoli; side salad (lettuce and tomatoes). Assorted fruits or fruit juice. Assorted Milk. usda recipe # D-13

6

BBQ pork sandwich or turkey sandwich. Pinto beans; steamed carrots. Assorted fruits or fruit juice. Assorted Milk.

7

Chicken or turkey sandwich. Oven fries; carrot slices. Assorted fruits or fruit juice. Assorted milk.

8

Baked chicken on rice or turkey sandwich. Green beans; black eye peas. Assorted fruits or fruit juice. Assorted milk. usda recipe # D-

9

Hamburger or hot dogs with tomatoes and lettuce. broccoli; sweet potato fries. Assorted fruits or fruit juice. Assorted milk.

12

Chicken noodle soup with carrots or chef salad; roll. Assorted fruits or fruit juice. Assorted milk. usda recipe # D-

13

Corn dog or turkey sandwich. Red beans. Sweet potato fries. Assorted fruits or fruit juice. Assorted milk.

14

Beef Spaghetti or Chef salad with roll. Broccoli; corn. Assorted fruits or fruit juice. Assorted Milk. usda recipe # D-

15

Chili con carne with beans and bread sticks or chicken sandwich. ; Side salad (tomato & lettuce) Assorted fruits or fruit juice. Assorted milk. usda recipe # D-20

16

Assorted pizza; green beans; side salad (tomatoes, lettuce); Assorted fruits or fruit juice. Assorted milk.

19

Fish sandwich or chicken sandwich. Steamed carrots; oven fries. Assorted fruits or fruit juice. Assorted Milk.

20

Beef or chicken tacos. black beans;; side salad (lettuce and tomatoes). Assorted fruits or fruit juice. Assorted Milk. usda recipe # D-13

21

BBQ pork sandwich or turkey sandwich. Black beans; steamed carrots. Assorted fruits or fruit juice. Assorted Milk.

22

Hamburger or hot dogs with tomatoes and lettuce. broccoli; sweet potato fries. Assorted fruits or fruit juice. Assorted milk.

23

Chicken or turkey sandwich. Oven fries; carrot slices. Assorted fruits or fruit juice. Assorted milk.

26

Corn dog or turkey sandwich. Red beans. Sweet potato fries. Assorted fruits or fruit juice. Assorted milk

27

Chicken noodle soup with Carrots or chef salad; roll. Assorted fruits or fruit juice. Assorted milk. usda recipe # D-

28

Beef Spaghetti or Chef salad with roll. Broccoli; corn. Assorted fruits or fruit juice. Assorted Milk. usda recipe # D-

29

Fish sandwich or chicken sandwich. Steamed carrots, oven fries. Assorted fruits. Assorted Milk.

30

Chili con carne with beans or chicken sandwich. Broccoli; side salad. Assorted fruits. Assorted milk. usda recipe # D-20