



In accordance with Federal Law, this institution is an equal opportunity provider and employer.

THIS MENU IS SUBJECT TO CHANGE



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

Tuesday

Wednesday

Thursday

Friday

1

2

3

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11

12

Breakfast Pizza or Yogurt and Muffin or assorted cereal. 100% fruit Juice; Assorted fruits. Assorted Milk.

Pancakes/ syrup or yogurt W/muffin or assorted cereal. 100% fruit juice; assorted fruits; assorted Milk.

Grits and sausage or biscuit & sausage. Assorted cereal and muffins. Assorted fresh fruits. 100% fruit juice. Milk.

Sausage egg and toast or yogurt ; muffin; assorted cereal;; assorted fresh fruit;100% fruit juice. Assorted Milk.

Pancake sausage or yogurt and muffin. Assorted cereal. Assorted fresh fruit; 100%fruit juice. Assorted milk.

Cinnamon roll & Yogurt or cereal and muffin. Assorted fresh fruits. 100% fruit juice; ass. Milk.

Grits, eggs and Sausage or cereal and muffin ; assorted Assorted fruit; 100% Fruit juice; assorted Milk.

Sausage biscuit or Cereal & muffin Assorted fresh fruit 100% fruit juice. Assorted milk.

French toast and eggs Or yogurt and muffin. Assorted fruit juice, assorted Fruit; assorted Milk.

Sausage & waffle or cereal And muffin. Assorted Fresh fruit; assorted juice; assorted Milk.

Breakfast pizza or cereal and muffin. assorted fresh fruits and 100% fruit juice; assorted Milk

Waffle & eggs Or cereal and muffin Assorted fresh fruit and 100% fruit juice; assorted Milk

Sausage biscuit or cereal and muffin Assorted fresh fruits and 100% fruit juice. Assorted Milk



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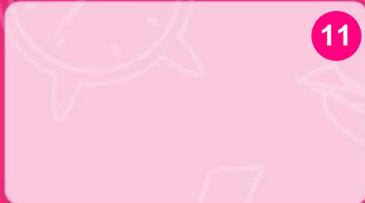
8



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11



12

Chili hot dog or sloppy Joe; Bake Beans
Coleslaw
Assorted Fruit
Milk

15

Chicken sandwich lettuce; tomato or chef salad; roll; sweet potato rounds; carrot sticks; diced pears; peaches; Milk

16

Assorted pizza; Corn Or garden salad
100% Fruit Juice or Fresh Fruit
Milk.

17

Chicken tenders or Chef salad; roll
Green beans;
Steamed carrots
Brownie; fruit juice; fruit
Milk.

18

Country style beef patty & gravy or chef salad. Black eyed peas
mashed potatoes;
100% fruit juice; fresh fruit.
Milk.

19

Cheeseburger w/ lettuce & tomato or chef salad. broccoli; fries; pineapple tit bits; apples; Milk.

22

Chicken Alfredo or turkey sandwich. Green beans; carrot slices. Peaches; pears; Milk

23

Honey BBQ wings or corn dogs. Sweet potato bites; corn; celery. Oatmeal cookie. Apples; oranges; Milk.

24

Beef spaghetti W garden salad or chef salad W/ chicken tenders. Mini cinnamon rolls. Peach; pears. Milk.

25

BBQ pork sliders or fish sandwich. Baked beans; coleslaw. Diced pears; Apples. Milk.

26

Hamburger or chef salad W/ chicken tenders. Green beans; sweet potato bites; apples; peach slices. Milk.

29

Chicken or turkey Sandwich. lettuce & Tomatoes. Green beans. Pineapple chunks; peach Slices. Milk.

30

Chili hot dog or sloppy Joe; Bake Beans
Coleslaw
Assorted Fruit
Milk

31

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

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