

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fiesta Bowl 3 Assorted taco toppings Cilantro brown rice Fruit choice* Milk	WG Meatball Sub Sandwich 4 Assorted vegetable toppings Steamed corn Fruit choice* Milk	Loaded Oven Fries 5 Assorted vegetable toppings Seasoned brown rice Fruit choice* Milk	Crispy Chicken Sandwich on WG Bun 6 Assorted fresh toppings Steamed green beans Fruit choice* Milk	WG Macaroni and Cheese 7 WG Shrimp Poppers Cherry tomatoes California blend vegetables Fruit choice* Milk
WG Max Sticks 10 Marinara sauce Steamed broccoli Fruit choice* Milk	Teriyaki Chicken Dippers with Fluffy Brown Rice 11 Snow peas and jicama sticks Steamed vegetable blend Fruit choice* Milk	WG Turkey and Cheese Sub 12 Assorted vegetable toppings Steamed carrots Fruit choice* Milk	Nachos Grande 13 Assorted taco toppings Refried beans Brown rice with cilantro Fruit choice* Milk	WG Cheese or Veggie Pizza 14 Caesar salad Steamed peas Fruit choice* Milk
WG Mini Corndogs 17 Baby carrots and cucumber slices Sweet potato fries Fruit choice* Milk	WG Cheese Quesadilla 18 Assorted fresh toppings Steamed corn Fruit choice* Milk	Hamburger/Cheeseburger/Veggie Burger on WG Bun 19 Assorted fresh toppings Vegetarian baked beans Fruit choice* Milk	WG Chicken Tenders 20 Assorted sauces WG Italian pasta salad Steamed carrots Fruit choice* Milk	WG Pasta with Meat Sauce or Marinara Sauce 21 Steamed broccoli WG garlic breadstick Fruit choice* Milk
WG Fiestada Pizza 24 Tossed romaine salad Steamed peas Fruit choice* Milk	All Beef Hot Dog on WG Bun 25 Assorted fresh veggies Oven baked beans Fruit choice* Milk	WG Grilled Cheese Sandwich 26 Tomato Soup WG Goldfish crackers Steamed green beans Fruit choice* Milk	Chicken and Alfredo Sauce over WG Pasta 27 Fresh carrot and celery sticks Steamed broccoli WG garlic breadstick Fruit choice* Milk	French Toast Sticks 28 Greek yogurt Red and green pepper slices Breakfast potatoes Fruit choice* Milk

Cold Sandwich Choices:

Whole wheat PBJ uncrustable (strawberry or grape) available daily.
 Turkey and cheese sandwich on WG bread
 All include a fruit choice, a vegetable choice and a milk.

Salad Choice: A full salad bar at BW or a pre-made entrée salad at GVP and Sibley are available daily. Salad meal includes a fruit choice, a whole grain bread choice and a milk.

Fruit Choice: At least one fresh fruit and one canned fruit choice will be served daily.



Become a MyPlate Champion! Pledging to be a MyPlate Champion is a promise to eat healthy and be active every day. Learning how to make healthy choices at home and at school is an important part of taking care of you. The first step is to know which choices are best for you. Use ideas from the list below to get started.

MyPlate Champion List: **Eat more fruits and veggies.** Make half your plate fruits and vegetables everyday! **Try whole grains.** Ask for oatmeal, whole-wheat breads, or brown rice at meals. **Re-think your drink.** Drink fat-free or low-fat milk or water instead of sugary drinks. **Focus on lean protein.** Choose protein foods like beans, fish, lean meats, and nuts. **Slow down on sweets.** Eat sweets, like cakes or cookies, once in a while and in small amounts. **Be active your way.** Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.

Can you pledge to eat healthy and be active? If you answered yes, you have what it takes to be a MyPlate Champion!