

Monday	Tuesday	Wednesday	Thursday	Friday
No School Teacher Prep Day	1 WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	2 Orange Chicken Vegetable fried rice Steamed mixed veggies Rainbow veggie bar WG Dinner roll Fruit choice* Milk choice*	3 Beef Walking Tacos Assorted taco toppings Refried beans Fruit choice* Milk choice*	4 Turkey and Cheese Sub on WG Bun WG Sunchips Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*
8 Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	9 Oven Baked Chicken Leg Herb roasted potatoes Steamed corn WG Dinner roll Rainbow veggie bar Fruit choice* Milk choice*	10 WG Pasta with Meat Sauce and Marinara Sauce Steamed green beans Rainbow veggie bar WG Garlic breadstick Fruit choice* Milk choice*	11 WG Chicken Tenders WG Vegilicious Pasta Salad Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	12 WG Quesadilla Fresh veggie fixings Steamed mixed veggies Fruit choice* Milk choice*
15 Mini Sampler Basket Oven baked sweet potato fries Rainbow veggie bar Fruit choice* Milk choice*	16 Chicken and Alfredo Sauce with WG Pasta WG Garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	17 WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	18 WG Chicken Sandwich Lettuce and tomato slices Oven baked beans Fruit choice* Milk choice*	19 WG Cheesy Italian Flatbread Marinara Sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
22 Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	23 All Beef Hot Dog on WG Bun Oven baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	24 WG French Toast Sticks Yogurt Cup Breakfast potatoes Rainbow veggie bar Fruit choice* Milk choice*	25 Chicken Fiesta Bowl with Brown Rice Fresh fixings Fiesta Black Beans and Corn Fruit choice* Milk choice*	26 Ooey-Gooey Cheesebread Marinara Sauce Tossed garden salad Rainbow veggie bar Fruit choice* Milk choice*
29 WG Shrimp Basket Oven baked fries Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice*	30 WG Cheese Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*			

Cold Sandwich Choices:

Wheat PBJ Uncrustable (strawberry or grape) or Turkey and Cheese Sandwich on WG bread available daily. All include a fruit choice, a vegetable choice and a milk.

Salad Choice: Pre-made salads 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

Healthy Kids Do Better in School


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. Make half your plate fruits and vegetables every day! Try whole grains. Re-think your drink. Drink fat-free or low-fat milk or water instead of sugary drinks. Focus on lean protein. 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.

Free Meals for All Students

- ❖ **Free Meals** All students enrolled in the school district can receive a free breakfast and a free lunch every day.
- ❖ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- ❖ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.