

Monday	Tuesday	Wednesday	Thursday	Friday
No School 1	WG Cheese Pizza Steamed vegetable Fruit Milk 2	WG Pancakes Cheese Omelet Breakfast potatoes Steamed vegetable Fruit Milk 3	Meatballs and Gravy Brown rice Steamed vegetable Fruit Milk 4	Turkey and Cheese WG Dinner roll Steamed vegetable Fruit Milk 5
Cheeseburger on WG Bun Oven baked beans Fruit Milk 8	WG Popcorn Chicken Steamed corn WG Goldfish crackers Fruit Milk 9	WG Pasta with Meat Sauce Steamed vegetable Fruit Milk 10	WG Chicken Tenders WG buttered noodles Steamed vegetable Fruit Milk 12	WG Cheese Quesadilla Steamed vegetable Fruit Milk 13
WG Mini Corn Dogs Steamed vegetable Fruit Milk 15	Chicken and Alfredo Sauce with WG Pasta WG Garlic breadstick Steamed vegetable Fruit Milk 16	WG Cheese Pizza Steamed vegetable Fruit Milk 17	WG Chicken Sandwich Oven baked beans Fruit Milk 18	WG Bosco Sticks Marinara sauce Steamed vegetable Fruit Milk 19
WG Chicken Tenders WG buttered noodles Steamed vegetable Fruit Milk 22	All Beef Hot Dog on WG Bun Steamed vegetable Fruit Milk 23	WG French Toast Sticks Yogurt Cup Breakfast potatoes Fruit Milk 24	Fiestada Pizza Steamed vegetable Fruit Milk 25	Ooey-Goey Cheesebread w/ Marinara Sauce Steamed vegetable Fruit Milk 26
WG Mac and Cheese Steamed vegetable Fruit Milk 29	WG Cheese Pizza Steamed vegetable Fruit Milk 30			

This institution is an equal opportunity provider.



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.
- ♦ Adult 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.
- ♦ Children 12-24 months are served unflavored whole milk; children 2 and up are served unflavored 1%