

Monday	Tuesday	Wednesday	Thursday	Friday
				WG French Toast Sticks Cheese Omelet Breakfast potatoes Fruit Milk
Cheeseburger on WG Bun Oven baked beans Fruit Milk	WG Popcorn Chicken Steamed corn WG Goldfish crackers Fruit Milk	WG Pasta with Meat Sauce Steamed vegetable Fruit Milk	WG Chicken Tenders WG buttered noodles Steamed vegetable Fruit Milk	WG Cheese Quesadilla Steamed vegetable Fruit Milk
Turkey and Cheese WG Dinner roll Steamed vegetable Fruit Milk	Chicken and Alfredo Sauce with WG Pasta WG Garlic breadstick Steamed vegetable Fruit Milk	WG Cheese Pizza Steamed vegetable Fruit Milk	WG Chicken Sandwich Oven baked beans Fruit Milk	WG Bosco Sticks Marinara sauce Steamed vegetable Fruit Milk
WG Chicken Tenders WG buttered noodles Steamed vegetable Fruit Milk	All Beef Hot Dog on WG Bun Steamed vegetable Fruit Milk	WG Pancakes Chicken Sausage Links Breakfast potatoes Steamed vegetable Fruit Milk	WG Fiestada Pizza Steamed vegetable Fruit Milk	Ooey-Gooey Cheesebread w/ Marinara Sauce Steamed vegetable Fruit Milk
No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break	No School Spring Break

This institution is an equal opportunity provider.



Healthy Kids Do Better in School

Studies show that proper nutrition can help keep students focused on school work and keep their immune systems healthy to fight off the flu and colds that tend to hit hardest during winter months. Smart Choices can help your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.
 *Make half your plate veggies and fruits *Add lean protein *Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.

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