

Monday	Tuesday	Wednesday	Thursday	Friday
WG Cheese Pizza Steamed broccoli Assorted fresh veggies Fruit choice* Milk	All Beef Hotdog on WG bun Corn on the cob Vegetarian baked beans Fruit choice* Milk	Chicken and Alfredo Sauce With WG Pasta and a Breadstick Steamed vegetable medley Cucumber slices Fruit choice* Milk	Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk	WG Pizza Crunchers Steamed peas Caesar salad Fruit choice* Milk
8 No School Teacher Prep Day	Cheese Omelet Fresh Baked WG Cinnamon Roll Breakfast potatoes Colorful garden peppers Fruit choice* Milk	BBQ Pork on WG Bun Creamy coleslaw Steamed green beans Fruit choice* Milk	Fiesta Bowl Assorted fresh toppings Refried beans Cilantro brown rice Fruit choice* Milk	WG Pasta with Meatsauce or Marinara Sauce Steamed zoodles Assorted fresh veggies WG garlic breadstick Fruit choice* Milk
Hamburger/Cheeseburger/Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Fruit choice* Milk	WG Mini Corndogs Oven baked sweet potato fries Fresh broccoli, cauliflower and celery sticks with dip Fruit choice* Milk	Chicken Parmesan with WG Egg Noodles Steamed green beans Fruit choice* Milk	Ferndale Turkey and Gravy Mashed potatoes Corn on the cob WG Sister Shuber roll Fruit choice* Milk	Ooey-Gooley WG Garlic Cheesebread Marinara sauce Caesar salad Fruit choice* Milk
Tater Totchos Assorted vegetable toppings Black bean and corn salsa Seasoned brown rice WG dinner roll Fruit choice* Milk	WG Macaroni and Cheese WG Chicken Poppers Chef's steamed veggie blend Cherry tomatoes and cucumbers Fruit choice* Milk	24 No School Thanksgiving Break	25 No School Thanksgiving Break	26 No School Thanksgiving Break
WG Cheese Pizza Steamed broccoli Assorted fresh veggies Fruit choice* Milk	All Beef Hotdog on WG bun Corn on the cob Vegetarian baked beans Fruit choice* Milk			

Sandwich/Wrap Choices: Daily features listed on the School District Child Nutrition Website

All include fruit choices, vegetable choices and a milk.

Salad Choice: Daily features listed on the School District Child Nutrition Website

Salad meal includes fruit choices, a whole grain bread choice and a milk.

Fruit Choice: Fresh and canned choice offered daily.

Milk Choice: skim, 1% and skim chocolate milk offered daily.



Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy. Find your healthy eating lifestyle and maintain it for a lifetime. *Make half of your plate fruits and vegetables *Focus on whole fruits *Vary your veggies *Move to low-fat and fat-free milk or yogurt *Vary your protein routine *Make at least half your grains whole grains *Drink and eat less sodium, saturated fat, and added sugars.

Free Meals for all students

- ◆ **Free Meals** Our free meal program has been extended through the end of the 21-22 school year, as provided by the United States Department of Agriculture. All students enrolled in the school district can receive free breakfast and lunch every day.
- ◆ 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.