

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

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Monday

Tuesday

Wednesday

Thursday

Friday

Assorted Cereal/ Graham
Choice of Milk
Orange Juice
Fresh Fruit

2

Empanada
Choice of Milk
Apple Juice
Fresh Fruit

3

Pancake Wrap
Choice of Milk
Orange Juice
Fresh Fruit

4

Breakfast on Bun
Choice of Milk
Apple Juice
Fresh Fruit

5

Poptart
Cheese Stick
Choice of Milk
Orange Juice
Fresh Fruit

6



9

Assorted Cereal/ Toast
Choice of Milk
Orange Juice
Fresh Fruit

10

Bean/Chorizo Taco
Choice of Milk
Orange Juice
Fresh Fruit

11

Breakfast Pizza
Choice of Milk
Apple Juice
Fresh Fruit

12

PBJ
Choice of Milk
Orange Juice
Fresh Fruit

13

Assorted Cereal/ Toast
Choice of Milk
Orange Juice
Fresh Fruit

16

Breakfast Bites
Choice of Milk
Apple Juice
Fresh Fruit

17

Ham Egg Combo
Choice of Milk
Orange Juice
Fresh Fruit

18

English Muffin
Choice of Milk
Apple Juice
Fresh Fruit

19

Breakfast Burrito
Choice of Milk
Orange Juice
Fresh Fruit

20

Assorted Cereal/ Toast
Choice of Milk
Orange Juice
Fresh Fruit

23

Morning Sausage Roll
Yogurt
Choice of Milk
Apple Juice
Fresh Fruit

24

Chicken Biscuit
Choice of Milk
Orange Juice
Fresh Fruit

25

Waffle Sticks
Choice of Milk
Apple Juice
Fresh Fruit

26

Breakfast Bites
Choice of Milk
Orange Juice
Fresh Fruit

27

Assorted Cereal/ Toast
Choice of Milk
Orange Juice
Fresh Fruit

30

Empanada
Choice of Milk
Apple Juice
Fresh Fruit

31



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Monday

WW Pizza
Golden Corn
Red Pepper Strips
Vanilla Pudding
Fruited Gelatin/**Fresh Fruit Bowl**
FF Ranch
Choice of Milk

2

Tuesday

Alex's Baked Potato
Mexican Rice
Beans ala Charra
Garden Salad
Fresh Fruit/**Sliced Pears**
Tostitos
Salsa
Choice of Milk

3

Wednesday

Spaghetti W/Meat sauce
California Blend
Garden Salad/FF Ranch
Fruit Cup/**Fresh Fruit Bowl**
Whole Wheat Bread
Choice of Milk

4

Thursday

WW Hot Dog
Mac & Cheese
Tater Tots
Ranch Style Beans
Garden Salad/FF Ranch
Fresh Apple/**Juice**
Choice of Milk

5

Friday

Chicken Fried Stk./Gravy
Mashed Potato
Coined Carrots
Garden Salad/FF Ranch
Hot Roll
Mixed Fruit/**Fresh Fruit**
Choice of Milk

6



9

Fajita Taco
Mexican Rice
Beans ala Charra
Lettuce/Tomato/FF Ranch
Pineapple Tidbits/**Juice**
Salsa
Choice of Milk

10

Chicken ala King
Steamed Rice
California Blend
Garden Salad/FF Ranch
Pineapple Tidbits/**Fresh Fruit**
Hot Roll
Choice of Milk

11

BBQ Sandwich
Tater Tots
Carrot Sticks/FF Ranch
Garden Salad
Ranch Style Beans
Melon Balls/**Juice**
Choice of Milk

12

Steak Fingers
Mashed Potato
Green Peas
Garden Salad/FF Ranch
Diced Pears/**Fresh Fruit**
Whole Wheat Roll
Choice of Milk

13

Grilled Cheese Sandwich
Chips
Carrot Sticks/FF Ranch
Celery Sticks
Fresh Banana/**Apple Sauce**
Choice of Milk

16

Pork Taquitos
Mexican Rice
Beans ala Charra
Lettuce/Tomato/FF Ranch
Pineapple Tidbits/**Juice**
Salsa
Choice of Milk

17

Chicken Alfredo w/Twist
California Blend
Garden Salad/FF Ranch
Pineapple Tidbits/**Fresh Fruit**
Herbed Breadstick w/Sauce
Choice of Milk

18

Corny Dog/Mustard/Ketchup
Sliced Carrots
Golden Corn
Garden Salad/FF Ranch
Pineapple Tidbits/**Juice**
Choice of Milk

19

Enchiladas
Mexican Rice
Beans ala Charra
Garden Salad
Fresh Fruit/**Sliced Pears**
Saltine Crackers
Salsa
Choice of Milk

20

Chalupas
Mexican Rice
Sliced Carrots
Lettuce/Tomato
Fresh Banana/**Apple Sauce**
Salsa
Choice of Milk

23

Salisbury Steak
Mashed Potato
Green Beans
Garden Salad
Whole Wheat Bread
Sliced Peaches/**Juice**
Choice of Milk

24

Chicken Parmesan
Broccoli
Mixed Vegetable
Garden Salad/FF Ranch
Fresh Orange/**Apple Sauce**
Garlic Breadsticks
Choice of Milk

25

Ham/Cheese Sandwich
Assorted Chips
Baby Carrots/Dip
Diced Cucumber
Lettuce/Tomato
Diced Pears/**Juice**
Choice of Milk

26

Lion's Burger
Tater Tots
Lettuce/Tomato/FF Ranch
Ranch Style Beans
Pineapple Tidbits/**Fresh Fruit**
Choice of Milk

27

WW Pizza
Golden Corn
Red Pepper Strips
Vanilla Pudding
Fruited Gelatin/**Fresh Fruit Bowl**
FF Ranch
Choice of Milk

30

Alex's Baked Potato
Mexican Rice
Beans ala Charra
Garden Salad
Fresh Fruit/**Sliced Pears**
Tostitos
Salsa
Choice of Milk

31

