



PreK-3: 11:00-11:30      2<sup>nd</sup> Grade: 11:25-11:55  
 PreK-4: 11:05-11:35      3<sup>rd</sup> Grade: 11:30-12:00  
 Kinder: 11:15-11:45      4<sup>th</sup> Grade: 11:35-12:05  
 1<sup>st</sup> Grade: 11:20-11:50      5<sup>th</sup> Grade: 11:40-12:10  
 6<sup>th</sup> Grade: 11:45-12:15



**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.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1  
 NO SCHOOL!

2  
 Beef, cheese Nachos  
 Refried beans  
 Lettuce/tomato  
 Cookie  
 Milk

3  
 Hamburger Mac and  
 Cheese casserole  
 Peas  
 Bread / Fruit  
 Milk

4  
 Pepperoni Pizza  
 on Texas toast  
 Corn  
 Salad / Cake  
 Milk

5  
 Tomato Soup  
 Grilled Cheese  
 Cucumbers  
 Fruit  
 Milk

8  
 Chicken Strips  
 Rice/gravy  
 Cooked carrots  
 Fruit  
 Milk

9  
 Bean Tostada  
 Lettuce/tomato  
 Chips / Cheese sauce  
 Ice cream  
 Milk

10  
 Baked Beef Penne  
 Pasta casserole  
 Salad  
 Garlic stick / Fruit  
 Milk

11  
 Hamburgers  
 Burger toppings  
 Chips  
 Cookie  
 Milk

12  
 Fish Sticks  
 Mac and Cheese  
 Black Eyed Peas  
 Fruit  
 Milk

15  
 BBQ Burger  
 Chips  
 Pickles  
 Fruit  
 Milk

16  
 Enchilada casserole  
 Refried beans  
 Spanish rice  
 Pudding  
 Milk

17  
 Chicken fried Steak  
 Mashed potatoes/gravy  
 Broccoli w/ cheese  
 Fruit  
 Milk

18  
 Sloppy Joe  
 Chips  
 Pickles  
 Cookie  
 Milk

19  
 Chicken Noodle Soup  
 Sub Sandwich  
 Sandwich toppings  
 Fruit  
 Milk

22  
 Steak Fingers  
 French Fries  
 Gravy  
 Peas / Fruit  
 Milk

23  
 Tamales  
 Tortilla chips / Salsa  
 Lettuce/tomato  
 Peach Cobbler  
 Milk

24  
 Meat Loaf  
 Mac and Cheese  
 Green Beans  
 Bread / Fruit  
 Milk

25  
 Breakfast Jack  
 Hash Brown  
 Carrot sticks  
 Apple sauce  
 Milk

26  
 Corn dogs  
 Pork n Beans  
 Cucumbers  
 Fruit  
 Milk (Muffins w/ Mom)

29  
 Zoo Nuggets  
 Black Eyed Peas  
 Bread  
 Fruit  
 Milk

30  
 Beef Taquitos  
 Cheese Sauce  
 Pinto beans  
 Cookie  
 Milk

31  
 Spaghetti w/ Meat  
 Salad  
 Garlic stick  
 Fruit  
 Milk

