



**School Information:** Welcome back! We are so excited for a wonderful school year!



**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



Hot Dogs  
Chips  
Pickles  
Fresh Fruit  
Milk

Taquitos  
Spanish Rice  
Lettuce/Tomato  
Cookie  
Milk

Spaghetti w/ Meat Sauce  
Green Beans  
Garlic Bread  
Fruit  
Milk

Zoo Nuggets  
Mac n Cheese  
Cucumbers  
Cake  
Milk

Sausage  
Hash Browns  
Biscuit  
Fruit  
Milk

Corn Dogs  
Tator Tots  
Carrot Sticks  
Fruit  
Milk

Tamales  
Pinto Beans  
Chips/Salsa  
Cookie  
Milk

Meat Loaf  
Mashed Potato  
Salad  
Fruit  
Milk

Fish Sticks  
Corn  
Bread  
Brownie  
Milk

Sub Sandwich  
Sandwich Toppings  
Chips  
Fruit  
Milk

Grilled Cheese  
French Fries  
Cucumbers  
Fruit  
Milk

Crispitos  
Lettuce/Tomato  
Chips/Cheese Sauce  
Cookie  
Milk

Steak Fingers  
Rice/Gravy  
Peas  
Bread  
Fruit  
Milk

Beanie Weenies  
Carrot Sticks  
Bread  
Cookie Bar  
Milk

