



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



**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



Chicken Fried Steak 1  
 Rice / Gravy  
 Black-Eyed Peas  
 Jello / Fruit  
 Milk

Grilled Cheese 2  
 Soup  
 Cucumbers  
 Fruit  
 Milk

Hamburger 5  
 Mac N Cheese Casserole  
 Bread  
 Peas / Fruit  
 Milk

Baked Beef / Bean 6  
 Burritos  
 Lettuce / Tomato  
 Chips / Salsa  
 Cookie Bars / Milk

Steak Fingers 7  
 Mashed Potatoes / Gravy  
 Cooked Carrots  
 Bread / Fruit  
 Milk

Chicken Burgers 8  
 Lettuce / Tomato / Pickles  
 Sweet Potato Fries  
 Cookie  
 Milk

Potato Soup 9  
 Corn Bread  
 Salad  
 Fruit  
 Milk

Corn Dogs 12  
 Pork n Beans  
 Tator Tots  
 Fruit  
 Milk

Frito Pie 13  
 Lettuce / Tomato  
 Pinto Beans  
 Cup Cakes  
 Milk

BBQ Burgers 14  
 Fritos  
 Pickles  
 Fruit  
 Milk

Turkey & Dressing 15  
 Gravy, Green Beans  
 Cranberry Sauce  
 Rolls / Banana Pudding  
 Milk

Hot Dogs 16  
 Chips  
 Pickles  
 Fruit  
 Milk

Zoo Nuggets 19  
 French Fries  
 Cucumbers  
 Carrots / Fruit  
 Milk

Beef Nachos 20  
 Pinto Beans  
 Lettuce / Tomato  
 Jello  
 Milk



Fish Sticks 26  
 Mac n Cheese  
 Cooked Carrots  
 Fruit  
 Milk

Crispitos 27  
 Black Beans  
 Corn  
 Cookie  
 Milk

Chicken Alfredo 28  
 Broccoli  
 Garlic Stick  
 Fruit  
 Milk

Hamburgers 29  
 Lettuce / Tomato / Pickles  
 Chips  
 Brownies  
 Milk

Tortillas / Sausage 30  
 Scrambled Eggs  
 Hash Browns  
 Fruit  
 Milk