



PreK-3: 11:00-11:30  
 PreK-4: 11:05-11:35  
 Kinder: 11:10-11:40  
 1<sup>st</sup> Grade: 11:15-11:45

2<sup>nd</sup> Grade: 11:20-11:50  
 3<sup>rd</sup> Grade: 11:25-11:55  
 4<sup>th</sup> Grade: 11:30-12:00  
 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

Fish Sticks  
 Tator Tots  
 Corn  
 Fruit  
 Milk

4

Taco Soup  
 Corn Bread  
 Salad  
 Jello  
 Milk

5

Chicken Fried Steak  
 Rice/Gravy  
 Cooked Carrots  
 Fruit  
 Milk

6

Hamburgers  
 Lettuce/Tomato/Pickles  
 Chips  
 Cookie  
 Milk

7

Grilled Cheese  
 French Fries  
 Salad  
 Fruit  
 Milk

8

Zoo Nuggets  
 Mac n Cheese  
 Black Eyed Peas  
 Fruit  
 Milk

11

Crispitos  
 Salad  
 Chips / Cheese Sauce  
 Cake  
 Milk

12

Hamburger Patties  
 w/ Gravy  
 Mashed Potato  
 Green Beans / Fruit  
 Milk

13

Breakfast Sausage  
 Scrambled Eggs  
 Hash Browns  
 Cookie  
 Milk

14

Ham/Cheese  
 Sandwich  
 Lettuce / Tomato / Pickle  
 Potato Chips / Fruit  
 Milk

15

NO SCHOOL!

18

Beef Taquitos  
 Pinto Beans  
 Cheese Sauce  
 Pudding  
 Milk

19

Beef Penne Pasta  
 Salad  
 Garlic Sticks  
 Fruit  
 Milk

20

BBQ Burger  
 Pickles  
 Tator Tots  
 Cup Cake  
 Milk

21

Sausage  
 Pork n Beans  
 Cucumbers  
 Fruit  
 Milk

22

Breakfast Jack  
 Hash Browns  
 Fresh Fruit  
 Carrot Stix / Celery  
 Milk

25

Beef/Bean Tostada  
 Lettuce / Tomato  
 Spanish Rice  
 Ice Cream  
 Milk

26

Meat Pie  
 Green Beans  
 Fruit  
 Roll  
 Milk

27

Hot Dogs  
 Fritos  
 Pickles  
 Cookie Bar  
 Milk

28

