


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CASHEW CHICKEN CHEF SALAD W/HAM EGG ROLL PINEAPPLE FIG DROP COOKIE CHOICE OF MILK <span style="float: right;">1</span>	CHICKEN STICKS MEATBALL SUB CHEF SALAD W/HAM FRIES PEACHES APPLE CRISP CHOICE OF MILK <span style="float: right;">2</span>	TACO BURGER CHICKEN PATTY SAND. CHEF SALAD W/HAM MAC N CHEESE TROPICAL FRUIT WW SUGAR COOKIE CHOICE OF MILK <span style="float: right;">3</span>
CHICKEN AND NOODLES TOASTED HAM & CHEESE WW CHEF SALAD W/HAM GLAZED CARROTS TROPICAL FRUIT OATMEAL SCOTCHIES CHOICE OF MILK <span style="float: right;">6</span>	NACHOS- (MEAT & CHEESE) TURKEY/CHEESE SAND. CHEF SALAD W/HAM GREEN BEANS PEACHES OATMEAL COOKIES CHOICE OF MILK <span style="float: right;">7</span>	COUNTRY FRIED STEAK CHEF SALAD W/HAM MASHED POTATOES GRAVY PEAS ROLL CHOICE OF MILK <span style="float: right;">8</span>	CHICKEN WRAP ROAST BEEF SANDWICH CHEF SALAD W/HAM BROCCOLI/CHEESE PEACHES COWBOY COOKIE CHOICE OF MILK <span style="float: right;">9</span>	CHEESE PIZZA---CORN OR BEEF STIR-FRY---RICE CHEF SALAD W/HAM MIXED FRUIT WHITE CAKE CHOICE OF MILK <span style="float: right;">10</span>
CHEESEBURGER BRAT DOG ON BUN CHEF SALAD W/HAM FRIES PEACHES CHERRY MACAROONS CHOICE OF MILK <span style="float: right;">13</span>	BAKED SPAGHETTI BBQ BRISKET SAND. CHEF SALAD W/HAM PEAS TROPICAL FRUIT SUGAR COOKIE CHOICE OF MILK <span style="float: right;">14</span>	CHICKEN PATTY CHEF SALAD W/HAM MASHED POTATOES GREEN BEANS ROLL CHOICE OF MILK <span style="float: right;">15</span>	BEEF SOFT TACO TURKEY WRAP CHEF SALAD W/HAM MEXICAN BEAN SALAD ORANGE/PINEAPPLE MIX COWBOY COOKIE CHOICE OF MILK <span style="float: right;">16</span>	PEPPERONI PIZZA WEDGE TUNA SANDWICH CHEF SALAD W/HAM FRESH BROCCOLI PEACHES SPICE CAKE CHOICE OF MILK <span style="float: right;">17</span>
NO SCHOOL TODAY <span style="float: right;">20</span>	CORN DOG CHICKEN TERIYAKI RICE CHEF SALAD W/HAM PEAS PEACHES OATMEAL COOKIES CHOICE OF MILK <span style="float: right;">21</span>	CHICKEN PATTY CHEF SALAD W/HAM MASHED POTATOES GLAZED CARROTS ROLL CHOICE OF MILK <span style="float: right;">22</span>	CHEESEBURGER BBQ SLOPPY JOE CHEF SALAD W/HAM FRIES TROPICAL FRUIT APPLE CRISP CHOICE OF MILK <span style="float: right;">23</span>	FRITO PIE FISH SHAPES CHEF SALAD W/HAM GREEN BEANS MIXED FRUIT WW SUGAR COOKIE CHOICE OF MILK <span style="float: right;">24</span>
CHICKEN AND NOODLES TOASTED HAM & CHEESE WW CHEF SALAD W/HAM GLAZED CARROTS TROPICAL FRUIT CHOCOLATE CAKE CHOICE OF MILK <span style="float: right;">27</span>	CHILI--CRACKERS BBQ RIB SANDWICH CHEF SALAD W/HAM CORN PEAS WW SUGAR COOKIE CHOICE OF MILK <span style="float: right;">28</span>	CASHEW CHICKEN CHEF SALAD W/HAM EGG ROLL PINEAPPLE SNICKERDOODLE CHOICE OF MILK <span style="float: right;">29</span>		

## NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.<sup>1</sup>
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.<sup>2</sup>
- Find vitamin D in fortified low-fat yogurt and other dairy foods.