

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CASHEW CHICKEN CHEF SALAD W/CHICKEN EGG ROLL FRESH FRUIT PINEAPPLE FIG DROP COOKIE CHOICE OF MILK	CHICKEN STICKS MEATBALL SUB CHEF SALAD W/HAM FRIES PEACHES FRESH FRUIT APPLE CRISP CHOICE OF MILK	TACO BURGER CHICKEN PATTY SAND. CHEF SALAD W/HAM MAC N CHEESE FRESH BROCCOLI FRESH FRUIT ORANGE/PINEAPPLE MIX OATMEAL COOKIES CHOICE OF MILK
CHICKEN AND NOODLES TOASTED HAM & CHEESE WW CHEF SALAD W/HAM GLAZED CARROTS FRESH BROCCOLI TROPICAL FRUIT FRESH FRUIT OATMEAL SCOTCHIES CHOICE OF MILK	NACHOS- (MEAT & CHEESE) TURKEY/CHEESE SAND. CHEF SALAD W/HAM GREEN BEANS CARROT STICKS PEACHES FRESH FRUIT OATMEAL COOKIES CHOICE OF MILK	COUNTRY FRIED STEAK/ROLL OR CHEF SALAD W/HAM MASHED POTATOES GRAVY PEAS PEARS FRESH FRUIT CHOICE OF MILK	CHICKEN WRAP ROAST BEEF SANDWICH CHEF SALAD W/HAM PASTA SALAD, GARBANZO CARROT STICKS PEACHES FRESH FRUIT COWBOY COOKIE CHOICE OF MILK	CHEESE PIZZA BEEF STIR-FRY CHEF SALAD W/HAM RICE CORN MIXED FRUIT FRESH FRUIT WHITE CAKE CHOICE OF MILK
CHEESEBURGER BRAT DOG ON BUN CHEF SALAD W/TURKEY FRIES PEACHES NO BAKE COOKIE CHOICE OF MILK	BAKED SPAGHETTI & ITALIAN BR BBQ BRISKET SAND. CHEF SALAD W/TURKEY CARROT STICKS PEAS TROPICAL FRUIT FRESH FRUIT SUGAR COOKIE CHOICE OF MILK	CHICKEN PATTY/ROLL OR CHEF SALAD W/CHICKEN MASHED POTATOES GREEN BEANS PEARS FRESH FRUIT CHOICE OF MILK	BEEF SOFT TACO TURKEY WRAP CHEF SALAD W/TURKEY MEXICAN BEAN SALAD FRESH BROCCOLI FRESH FRUIT ORANGE/PINEAPPLE MIX COWBOY COOKIE CHOICE OF MILK	PEPPERONI PIZZA WEDGE TUNA SANDWICH CHEF SALAD W/TURKEY CORN FRESH BROCCOLI PEACHES FRESH FRUIT SPICE CAKE CHOICE OF MILK
NO SCHOOL TODAY	CORN DOG CHICKEN TERIYAKI RICE CHEF SALAD W/TURKEY CARROT STICKS PEAS PEACHES FRESH FRUIT OATMEAL COOKIES CHOICE OF MILK	CHICKEN PATTY/ROLL OR CHEF SALAD W/CHICKEN MASHED POTATOES GLAZED CARROTS PEARS FRESH FRUIT CHOICE OF MILK	CHEESEBURGER BBQ SLOPPY JOE CHEF SALAD W/TURKEY FRIES TROPICAL FRUIT APPLE CRISP CHOICE OF MILK	FRITO PIE FISH SHAPES CHEF SALAD W/TURKEY GREEN BEANS MIXED FRUIT FRESH FRUIT WW SUGAR COOKIE CHOICE OF MILK
CHICKEN AND NOODLES TOASTED HAM & CHEESE WW CHEF SALAD W/HAM GLAZED CARROTS FRESH BROCCOLI TROPICAL FRUIT FRESH FRUIT CHOCOLATE CAKE CHOICE OF MILK	CHILI/CRACKERS BBQ RIB SANDWICH CHEF SALAD W/HAM CORN CARROT STICKS SLICED PEARS FRESH FRUIT WW SUGAR COOKIE CHOICE OF MILK	CASHEW CHICKEN CHEF SALAD W/CHICKEN EGG ROLL FRESH FRUIT PINEAPPLE SNICKERDOODLE CHOICE OF MILK		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- 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.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.