

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL TODAY	CORN DOG CHEESEBURGER CHEF SALAD W/TURKEY FRIES TROPICAL FRUIT FRESH FRUIT CHOC. CHIP COOKIE CHOICE OF MILK	CASHEW CHICKEN CHEF SALAD W/CHICKEN EGG ROLL FRESH FRUIT PINEAPPLE SNICKERDOODLE CHOICE OF MILK	BAKED SPAGHETTI& ITALIAN BREA BBQ RIB SANDWICH CHEF SALAD W/TURKEY CARROT STICKS PEAS TROPICAL FRUIT FRESH FRUIT OATMEAL SCOTCHIES CHOICE OF MILK	FRITO PIE FISH SANDWICH CHEF SALAD W/TURKEY GREEN BEANS SLICED PEARS FRESH FRUIT WW SUGAR COOKIE CHOICE OF MILK
CHEESE PIZZA BEEF STIR-FRY CHEF SALAD W/HAM RICE CORN PEACHES FRESH FRUIT WHITE CAKE CHOICE OF MILK	NACHOS- (MEAT & CHEESE) TURKEY/CHEESE SAND. CHEF SALAD W/HAM GREEN BEANS CARROT STICKS TROPICAL FRUIT FRESH FRUIT OATMEAL COOKIES CHOICE OF MILK	CHICKEN PATTY ROLL OR CHEF SALAD W/CHICKEN MASHED POTATOES PEAS PEARS FRESH FRUIT CHOICE OF MILK	CHICKEN WRAP ROAST BEEF SANDWICH CHEF SALAD W/HAM BROCCOLI/CHEESE PEACHES FRESH FRUIT COWBOY COOKIE 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
CHICKEN STICKS MEATBALL SUB CHEF SALAD W/HAM FRIES PEACHES FRESH FRUIT APPLE CRISP CHOICE OF MILK	FRITO PIE TURKEY WRAP CHEF SALAD W/TURKEY CARROT STICKS PEAS FRESH FRUIT ORANGE/PINEAPPLE MIX COWBOY COOKIE CHOICE OF MILK	CHICKEN PATTY ROLL OR CHEF SALAD W/CHICKEN MASHED POTATOES GLAZED CARROTS PEARS FRESH FRUIT CHOICE OF MILK	PEPPERONI PIZZA TURKEY/CHEESE SAND. CHEF SALAD W/TURKEY GREEN BEANS CARROT STICKS APPLESAUCE FRESH FRUIT CHOCOLATE CAKE CHOICE OF MILK	CHILI / CRACKERS FISH SANDWICH CHEF SALAD W/TURKEY CORN CARROT STICKS SLICED PEARS FRESH FRUIT WW SUGAR COOKIE CHOICE OF MILK
BEEF SOFT TACO ITALIAN SUB. CHEF SALAD W/HAM CORN CARROT STICKS TROPICAL FRUIT FRESH FRUIT OATMEAL COOKIES CHOICE OF MILK	CHEESEBURGER HOT DOG ON A BUN CHEF SALAD W/HAM FRIES PEACHES CHERRY CRISP CHOICE OF MILK	CHICKEN PATTY ROLL OR CHEF SALAD W/CHICKEN MASHED POTATOES GREEN BEANS PEARS FRESH FRUIT CHOICE OF MILK	BAKED SPAGHETTI/ ITALIAN BREAD BBQ BRISKET SAND. CHEF SALAD W/HAM CARROT STICKS PEAS TROPICAL FRUIT FRESH FRUIT CHOC. CHIP COOKIE CHOICE OF MILK	CHICKEN PATTY SAND. FISH SHAPES CHEF SALAD W/HAM SUN CHIPS APPLESAUCE FRESH FRUIT CHOCOLATE CAKE CHOICE OF MILK
TURKEY POT PIE CORN DOG CHEF SALAD W/HAM CORN CARROT STICKS PEACHES FRESH FRUIT COWBOY COOKIE CHOICE OF MILK	3 CHEESE GRILLED CHEESE HAM/CHEESE SAND CHEF SALAD W/TURKEY TOMATO SOUP CARROT STICKS SLICED PEARS FRESH FRUIT CHOC. CHIP COOKIE CHOICE OF MILK	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>• Child athletes need to eat well to support a higher level of activity</p> </div>		

NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



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