



**Calories:**  
**K-5 550-650    6-8 600-700    9-12 750-850**

**Student Cost: Free    Adult Cost: \$3.85**



**Nutrition Tip:** Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

### Monday

Orange Chicken with Pasta 2  
 Diced Carrots  
 Lettuce  
 Tea Roll  
 Peaches  
 HS Entrée: Chicken Teriyaki

### Tuesday

Pepperoni Pizza 3  
 Mixed Vegetables  
 Lettuce salad  
 Applesauce  
 HS Entrée: Cheese Pizza

### Wednesday

Taverns 4  
 French Fries  
 Carrot Sticks  
 Pineapple  
 Cookie 9-12  
 HS Entrée: Shredded Pork

### Thursday

Chili / Cheese 5  
 Crackers  
 Cinn. Rolls  
 Corn  
 Mixed Fruit  
 HS Entrée: Chicken Tortilla Soup

### Friday

Cowboy Cavatini 6  
 Broccoli  
 Carrot Sticks  
 Oranges  
 Bread  
 HS Entrée: Chicken Alfredo

Chicken Tenders 9  
 Cheesy Potatoes  
 Diced Carrots  
 Mixed Fruit  
 Tea Roll  
 HS Entrée: Shrimp Poppers

Cream Turkey / Biscuit 10  
 Green Beans  
 Sweet Potato Pie  
 Applesauce  
 HS Entrée: Shredded beef  
 With Gravy

Cheeseburger 11  
 Peas  
 Lettuce  
 Pineapple  
 HS Entrée: Italian Grill Chicken

Crispito and Chili 12  
 Lettuce  
 Peaches  
 Chips  
 HS Entrée: Burrito

Wild Mikes Cheese Bites 13  
 With Marinara Sauce  
 Broccoli  
 Carrot Sticks  
 Mandarin Oranges  
 HS Entrée: Pizza

Chicken Fajitas / Chips 16  
 Lettuce / Cheese / Salsa  
 Rice Pilaf  
 Carrots  
 Mandarin Oranges  
 HS Entrée: Sub Wrap

Spaghetti / Meat Sauce 17  
 Tea Rolls  
 Green Beans  
 Applesauce  
 HS Entrée: Chicken Alfredo

Mr Ribb Sandwich 18  
 Peas  
 Lettuce Salad  
 Peaches  
 HS Entrée: Hot Dogs

Chicken Noodle Soup 19  
 Corn  
 Carrot Sticks  
 Mixed Fruit  
 Wow Bread  
 HS Entrée: Tomato Soup

Hot Dogs 20  
 Bake Beans  
 Carrot Sticks  
 Pineapple  
 HS Entrée: Shredded Pork

Pizza Crunchers w/ sauce 23  
 Broccoli  
 Carrot Sticks  
 Pears  
 HS Entrée: Cheese Stuff Boats

Shredded Pork Sandwich 24  
 Mozzarella cheese  
 French Fries  
 Celery Sticks  
 Fresh Fruit  
 HS Entrée: Mr Ribb Sandwich

NO SCHOOL 25

NO SCHOOL 26

NO SCHOOL 27

Chicken Drumsticks 30  
 Tea Rolls  
 Whipped Potatoes / Gravy  
 Diced Carrots  
 Pears  
 HS Entrée: Corn Dogs

