



School Information: Keep your student warm with a cup or bowl of our hot, homemade soup or entrée this month!



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

Baked Ziti or Vegetable Ziti
Served w/ salad, French bread and fruit **4**

Meat or Cheese Enchiladas
Served w/ rice, black beans, corn and dessert **5**

Mummy Dogs or Spinach Frittata
Served w/ grain, vegetable and fruit **6**

Turkey Pot Pie or Vegetable Pot Pie
Served w/ fruit and dessert **7**

Popcorn Chicken or Quinoa, Cheddar and Broccoli Casserole
Served w/ tator tots, vegetable and fruit **1**

Meat or Cheese Taco
Served w/ rice, black beans, corn and dessert **8**

Baked Chicken Parmesan or Vegetable Primavera
Served w/ salad, French bread and fruit **11**

Meat or Bean & Cheese Nachos
Served w/ rice, black beans, corn and dessert **12**

Baked Ham or Stuffed Mushroom
Served w/ Baked macaroni & cheese, vegetable and fruit **13**

Pulled Pork Sandwich or Roasted Vegetable Frittata
Served w/ tator tots, vegetable and dessert **14**

NO SCHOOL/ NO LUNCH **15**

NO SCHOOL/ NO LUNCH **18**

Chicken or Cheese Quesadilla
Served w/ rice, black beans, corn and dessert **19**

Cheeseburger Macaroni or Stuffed Squash
Served w/ vegetable and fruit **20**

BBQ Chicken Leg or Broccoli & Cheddar Quiche
Served w/ roasted potatoes, vegetable and dessert **21**

Cheeseburger, Hamburger, Black Bean Burger or Hot Dog
Served w/ baked beans and fruit **22**

Spaghetti & Meatballs
Served w/ salad, French bread and fruit **25**

Chicken or Cheese Fajitas
Served w/ rice, black beans, corn and dessert **26**

Meat or Cheese Burrito
Served w/ rice, black beans, corn and dessert **27**

Shepherd's Pie or Potato Topped w/ roast vegetables
Served w/ fruit and dessert **28**

