



**This institution is an equal opportunity employer**

Every Meal is served with Milk



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

### Monday

Soft Shell Taco **3**  
Lettuce, Cheese, Beans  
M. Oranges, Apple

Chicken Fried Steak **10**  
M. Potatoes, Corn, Gravy  
Apple, Blueberries

Assorted Pizza **17**  
Chips  
Pineapple, Grapes

**24**

**31**

### Tuesday

Chicken Nugget **4**  
M. Potatoes, Baby Carrots  
Pineapple, Fresh Berries

Chicken Wrap **11**  
Lettuce, Cheese  
Pears, Clementine

Assorted Sandwiches **18**  
Oven Potatoes  
M. Oranges, Fruit cup

**25**

### Wednesday

Hot Dog **5**  
Mac n Cheese  
Grapes, Green Apple

Mini Corn Dog **12**  
Smiley Fries  
Mixed Fruit, Peach cup

Cooks Choice **19**

**26**

### Thursday

Cheeseburger **6**  
French Fries, Tomato  
Peaches, Raisel

Crispito and Cheese **13**  
Tri-Tator  
Sliced Apples, Cranberries

Cooks Choice **20**

**27**

### Friday

Pizza **7**  
Chips, Cookie  
Banana, Watermelon

Max Stix **14**  
Corn, Elf Bites  
Applesauce cup, Banana

Cooks Choice **21**

**28**

