



**This institution is an equal opportunity provider.**  
 \*Menus are subject to change without notice\*  
**Meal Price: Reduced student: \$.40 Paid student: \$1.75.**  
Extra milk: \$.40 Adults \$3.55



**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

Ham & Cheese Sub **2**  
 Lettuce & Tomatoes  
 Baby Carrots & Cucumbers w/Ranch  
 Fruit  
 Milk

### Tuesday **3**

Beef Nachos w/Cheese, Lettuce & Tomatoes  
 Refried Beans  
 Fruit  
 Milk

### Wednesday

Chicken Strips **4**  
 Mashed Potatoes & Brown Curry  
 Green Beans  
 W/G Roll  
 Fruit  
 Milk

### Thursday

Cheese Pizza **5**  
 Tossed Salad w/Ranch  
 Corn  
 No Bake Cookie  
 Fruit  
 Milk

### Friday

Cheeseburger w/Lettuce & Tomatoes **6**  
 French Fries  
 Fruit  
 Milk

**FALL BREAK **9****

**FALL BREAK **10****

**FALL BREAK **11****

**FALL BREAK **12****

**FALL BREAK **13****

Chicken Nuggets **16**  
 Mashed Potatoes  
 Steamed Broccoli  
 W/G Roll  
 Fruit  
 Milk

Fajita's **17**  
 Cheese, Lettuce, Tomatoes  
 Refried Beans  
 Tortilla Chips & Salsa  
 Fruit  
 Milk

Taco Soup **18**  
 Grilled Cheese Sandwich  
 Red Bell Pepper Strips & Cucumber Slices w/Ranch  
 Fruit  
 Milk

Crispito's **19**  
 Tossed Salad w/Ranch  
 Seasoned Corn  
 Rice Crispy Treat  
 Fruit  
 Milk

Cheeseburger w/Lettuce & Tomatoes **20**  
 French Fries  
 Fruit  
 Milk

Baked Ham **23**  
 Black-eyed Peas  
 Cooked Cabbage  
 Cornbread  
 Fruit  
 Milk

Corndog **24**  
 Steamed Broccoli  
 Celery, Cauliflower & Red Bell Pepper Strips w/Ranch  
 Fruit  
 Milk

Steak Fingers **25**  
 Mashed Potatoes & Gravy  
 Green Beans  
 W/G Roll  
 Fruit  
 Milk

Fish Sticks **26**  
 Mac & Cheese  
 Peas & Carrots  
 Fruit  
 Milk

Hamburger w/Lettuce, & Tomatoes **27**  
 French Fries  
 Fruit  
 Milk

Pepperoni Pizza **30**  
 Tossed Salad w/Ranch  
 Seasoned Corn  
 Rice Crispy Treat  
 Fruit  
 Milk

Chicken Nuggets **31**  
 Mashed Potatoes  
 Steamed Carrots  
 W/G Roll  
 Fruit  
 Milk

