



Grab & Go is for High School only!



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

Pepperoni Pizza **2**
Tossed Salad
Corn
Fruit & Milk
Grab & Go: Hamburger

Ham & Cheese Sandwich **3**
Lettuce & Tomato
Pork & Beans
Fruit & Milk
Grab & Go: Breaded Chicken

Chicken Spaghetti **4**
Green Peas & Carrots
Roll
Fruit & Milk
Grab & Go: Turkey Wrap

Taco Salad **5**
Refried Beans
Lettuce & Tomatoes
Fruit & Milk
Grab & Go: Cheeseburger

Crispitos **6**
French Fries
Cucumbers with Ranch
Fruit & Milk
Grab & Go: Spicy Chicken S/wich

Chicken Fajitas **9**
Pinto Beans
Lettuce & Tomatoes
Fruit & Milk
Grab & Go: Hamburger

Chicken & Dumplings **10**
Black-eyed Peas
Steamed Broccoli
Fruit & Milk
Grab & Go: Breaded Chicken SW

Beef Nachos **11**
Lettuce & Tomatoes
Refried Beans
Fruit & Milk
Grab & Go: Turkey Wrap

Fish Sticks **12**
Mac & Cheese
Corn
Fruit & Milk
Grab & Go: Cheeseburger

Crispitos **13**
French Fries
Cucumbers with Ranch
Fruit & Milk
Grab & Go: Spicy Chicken S/wich

Sub Sandwich **16**
Lettuce & Tomatoes
Baked Chips
Fruit & Milk
Grab & Go: Hamburger

Chicken Nuggets **17**
Mashed Potatoes
Green Beans and Roll
Fruit & Milk
Grab & Go: Chicken Sandwich

Lasagna & Bread Sticks **18**
Tossed Salad
English Peas & Carrots
Fruit & Milk
Grab & Go: Turkey Wrap

Hot Dog **19**
Baked Beans
Coleslaw
Fruit & Milk
Grab & Go: Cheeseburger

NO SCHOOL! **20**

Popcorn Chicken **23**
Mashed Potatoes
Green Beans and Roll
Fruit & Milk
Grab & Go: Hamburger

Spaghetti & Roll **24**
Tossed Salad
Steamed Broccoli
Fruit & Milk
Grab & Go: Chicken Sandwich

BBQ Sandwich **25**
Qick Baked Potato
Coleslaw
Fruit & Milk
Grab & Go: Turkey Wrap

Corn Dog **26**
Carrots & Celery with Ranch
Cherry Tomatoes
Fruit & Milk
Grab & Go: Cheeseburger

Crispitos **27**
French Fries
Cucumbers with Ranch
Fruit & Milk
Grab & Go: Spicy Chicken S/wich

Country Fried Steak **30**
Mashed Potatoes
Green Peas and Roll
Fruit & Milk
Grab & Go: Hamburger

