



SOUTHWEST ELEMENTARY
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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

CHICKEN DRUMMIES
PBJ UNCRUSTABLE
BUFFALO CHICKEN SALAD
STEAMED BROCCOLI
VEGGIE TRAY
FRESH FRUIT

1

Tuesday

SHEPARD'S PIE
YOGURT SNACKER
HARVEST CHICKEN SALAD
GREEN PEAS
VEGGIE TRAY
CHILLED FRUIT

2

Wednesday

EARLY RELEASE
PBJ
CARROT PACKS
GARDEN SALAD
SMALL DRESSING
APPLESAUCE CUPS
MILK

3

Thursday

KOREAN BBQ TACO
HAM & CHEESE SANDWICH
CHEF SALAD
CALI BLEND
VEGGIE TRAY
CHILLED FRUIT

4

Friday

CHEESEBURGER
YOGURT SNACKER
CHICKEN CAESAR SALAD
FRENCH FRIES
VEGGIE TRAY
APPLESAUCE

5

CHICKEN PATTY SANDWICH
PBJ UNCRUSTABLE
ASIAN CHICKEN SALAD
SWEET POTATO FRIES
VEGGIE TRAY
FRESH FRUIT

8

BEEF TACO
YOGURT SNACKER
SOUTHWEST SALAD
PINTO BEANS
VEGGIE TRAY
CHILLED FRUIT

9

FISH NUGGETS
PIZZA SNACKERS
FRUIT SALAD
GREEN BEANS
VEGGIE TRAY
FRESH FRUIT

10

CUBAN FLATBREAD
TURKEY & CHEESE SANDWICH
CHEF SALAD
BLACK BEANS
VEGGIE TRAY
CHILLED FRUIT

11

PIZZA
YOGURT SNACKER
CHICKEN CAESAR SALAD
COERN
VEGGIE TRAY
FROZEN FRUIT CUP

12

HOLIDAY

15

CHICKEN NUGGETS
YOGURT SNACKER
HARVEST SALAD
STEAMED CARROTS
FRESH VEGGIE
CHILLED FRUIT

16

ALFREDO WITH A TWIST
TURKEY & CHEESE SANDWICH
FRUIT SALAD
BROCCOLI
VEGGIE TRAY
FRESH FRUIT
COOKIE

17

CHEESEBURGER
HAM & CHEESE SANDWICH
CHEF SALAD
FRENCH FRIES
FRESH VEGGIE TRAY
CHILLED FRUIT

18

FIESTADA PIZZA
YOGURT SNACKER
CHICKEN CAESAR SALAD
CARRIBEAN BLEND VEGGIES
VEGGIE TRAY
APPLESAUCE

19

CHILI
PBJ UNCRUSTABLE
ASIAN CHICKEN SALAD
POTATO WEDGES
VEGGIE TRAY
FRESH FRUIT

22

CHICKEN TENDERS
YOGURT SNACKER
SOUTHWEST SALAD
GREEN BEANS
VEGGIE TRAY
CHILLED FRUIT

23

BAKED ZITI
PIZZA SNACKER
FRUIT SALAD
STEAMED CALI BLEND
VEGGIE TRAY
FRESH FRUIT

24

MONTE CRISTO SANDWICH
CHICKEN WRAP
CHEF SALAD
SWEET POTATO TOTS
VEGGIE TRAY
CHILLED FRUIT

25

CHEESE PIZZA
YOGURT SNACKER
CHICKEN CAESAR SALAD
CORN
VEGGIE TRAY
FROZEN FRUIT CUP

26

CHICKEN DRUMMIES
PBJ UNCRUSTABLE
BUFFALO CHICKEN SALAD
STEAMED BROCCOLI
VEGGIE TRAY
FRESH FRUIT

29

SHEPARD'S PIE
YOGURT SNACKER
HARVEST CHICKEN SALAD
GREEN PEAS
VEGGIE TRAY
CHILLED FRUIT

30

CHEESY FISH SANDWICH
TURKEY & CHEESE SANDWICH
FRUIT SALAD
BAKED BEANS
VEGGIE TRAY
FRESH FRUIT

31

