



SOUTHWEST ELEMENTARY  
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PATRICIA BAMBERG, MANAGER



**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

CHILI  
PBJ  
ASIAN CHICKEN SALAD  
POTATO WEDGES  
VEGGIE TRAY  
APPLE PACKS

4

CHICKEN TENDERS  
YOGURT SNACKERS  
SOUTHWEST SALAD  
GREEN BEANS  
VEGGIE TRAY  
CHILED FRUIT

5

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

6

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

7

FIESTADA PIZZA  
YOGURT SNACKER  
CHIKEN CAESAR SALAD  
CORN ON THE COB  
VEGGIE TRAY  
FROZEN FRUIT CUP

8

CHICKEN DRUMMIES  
PBJ  
BUFFALO CHICKEN SALAD  
STEAMED BROCCOLI  
VEGGIE TRAY  
APPLE PACKS

11

SHEPHERDS PIE  
YOGURT SNACKER  
HARVEST CHICKEN SALAD  
GREEN PEAS  
VEGGIE TRAY  
CHILLED FRUIT

12

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

13

SLOPPY JOE NACHOS  
HAM & CHEESE SANDWICH  
CHEF SALAD  
CALI BLEND  
VEGGIE TRAY  
CHILLED FRUIT

14

HOLIDAY

15

HOLIDAY

18

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

19

BREADED BAKED CHICKEN  
PIZZA SNACKERS  
FRUIT SALAD  
GREEN BEANS  
VEGGIE TRAY  
FRESH FRUIT

20

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

21

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

22

ASIAN CHICKEN RICE BOWL  
PBJ  
BUFFALO CHICKEN SALAD  
STIR FRY VEGGIES  
VEGGIE TRAY  
APPLE PACKS

25

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

26

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

27

KOREANH BBQ TACO  
HAM & CHEESE SANDWICH  
CHEF SALAD  
CARRIBEAN VEGGIES  
VEGGIE TRAY  
CHILLED FRUIT

28

