



SOUTHWEST ELEMENTARY SCHOOL
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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

Tuesday

Wednesday

Thursday

Friday

Asian Chicken Rice/ egg roll **1**
PBJ
Buffalo Chicken Salad
Stir Fry Veggies
Veggie Tray
Fresh Fruit

Chicken Nuggets w/roll **2**
Yogurt Snacker
Harvest Salad
Steamed Carrots
Veggie Tray
Chilled Fruit

Alfredo with a Twist **3**
Turkey & Cheese Sandwich
Fruit Salad
Broccoli
Veggie Tray
Fresh Fruit

Korean BBQ Taco **4**
Ham & Cheese Sandwich
Chef Salad
Vegetable Blend
Veggie Tray
Chilled fruit

Cheeseburger **5**
Yogurt Snacker
Chicken Caesar salad
French Fries
Veggie Tray
Applesauce

Chili w/breadstick **8**
PBJ
Asian Chicken Salad
Potato Wedges
Veggie Tray
Fresh Fruit

Chicken Tenders w/biscuit **9**
Yogurt Snacker
Southwest Salad
Green Beans
Veggie Tray
Chilled Fruit

Baked Ziti **10**
Pizza Snacker
Fruit Salad
Cali Blend
Veggie Tray
Fresh Fruit

Monte Cristo Sandwich **11**
Chicken Wrap
Chef Salad
Sweet Potato Tots
Veggie Tray
Chilled Fruit

Pizza Fiestada **12**
Yogurt Snacker
Chicken Caesar Salad
Corn on Cob
Veggie Tray
Frozen Fruit Cup

Chicken Drummies w/rice **15**
PBJ
Buffalo Chicken Salad
Broccoli
Veggie Tray
Fresh Fruit

Shepherd's Pie w/roll **16**
Yogurt Snacker
Harvest Chicken Salad
Green Peas
Veggie Tray
Chilled Fruit

Breaded Chicken **17**
Turkey & Cheese Sandwich
Fruit Salad
Baked Beans
Veggie Tray
Fresh Fruit

Sloppy Joe Nachos **18**
Ham & Cheese Sandwich
Chef Salad
Cali Blend
Veggie Tray
Chilled Fruit

HOLIDAY **19**

Chicken Patty Sandwich **22**
PBJ
Asian Chicken Salad
Sweet Potato Fries
Veggie Tray
Fresh Fruit

Beef Taco w/chips & salsa **23**
Yogurt Snacker
Southwest Salad
Pinto Bean
Veggie Tray
Chilled Fruit

EARLY RELEASE **24**

Cuban Flatbread **25**
Turkey & Cheese Sandwich
Chef Salad
Black Beans
Veggie Tray
Chilled Fruit

Pizza **26**
Yogurt Snacker
Chicken Caesar Salad
Corn
Veggie Tray
Frozen fruit Cup

Asian Chicken Rice w/roll **29**
PBJ
Buffalo Chicken Salad
Stir Fry Veggie
Veggie Tray
Fresh Fruit

Chicken Nuggets w/roll **30**
Yogurt Snacker
Harvest Salad
Carrots
Veggie Tray
Chilled Fruit

