



**School Information:** Type your school information here.



**Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

### Monday

4 CHEESE TORTELLINI **3**  
PBJ  
HARVEST CHICKEN SALAD  
CALIFORNIA BLEND  
FRESH VEGGIES  
CHILLED FRUIT

### Tuesday

CRUNCHY BEEF TACO **4**  
HAM & CHEESE SANDWICH  
FRUIT & YOGURT SALAD  
PINTO BEANS  
FRESH VEGGIES  
FRESH FRUIT

### Wednesday

MONTE CRISCO SANDWICH **5**  
PEANUT BUTTER BOX  
GRILLED TURKEY SALAD  
SWEET POTATO TOTS  
FRESH VEGGIES  
CHILLED FRUIT

### Thursday

CHICKEN PATTY SANDWICH **6**  
TURKEY & CHEESE SANDWICH  
BUFFALO CHICKEN SALAD  
GREEN BEANS  
FRESH VEGGIES  
FRESH FRUIT

### Friday

PIZZA **7**  
YOGURT SNACKER  
CHEF SALAD  
CORN ON THE COB  
FRESH VEGGIES  
FROZEN FRUIT CUP

BREADED CHICKEN LEGG W/RICE **10**  
PBJ  
SOUTHWEST CHICKEN SALAD  
GREEN PEAS  
FRESH VEGGIES  
CHILLED FRUIT

CHICKEN QUESO BOWL W/CHIPS **11**  
HAM & CHEESE SANDWICH  
FRUIT & YOGURT SALAD  
FIESTA CORN  
BLACK BEANS  
FRESH VEGGIES  
FRESH FRUIT

SHEPERD'S PIE W/CORNBREAD **12**  
YOGURT SNACKER  
CHICKEN CAESAR SALAD  
CARROTS  
FRESH VEGGIES  
CHILLED FRUIT

SPAGHETTI W/ MEATBALLS **13**  
TURKEY & CHEESE SANDWICH  
ASIAN CHICKEN SALAD  
BROCCOLI  
FRESH VEGGIES  
FRESH FRUIT

HOLIDAY **14**

HOLIDAY **17**

SLOPPY JOE NACHOS **18**  
HAM & CHEESE SANDWICH  
FRUIT & YOGURT SALAD  
PINTO BEANS  
FRESH VEGGIES  
FRESH FRUIT

CHICKEN & WAFFLES **19**  
PEANUT BUTTER BOX  
GRILLED TURKEY SALAD  
FRESH GREEN BEANS  
FRESH VEGGIES  
CHILLED FRUIT

ALFREDO with a TWIST **20**  
TURKEY & CHEESE SANDWICH  
BUFFALO CHICKEN SALAD  
BROCCOLI  
FRESH VEGGIES  
FRESH FRUIT

PIZZA **21**  
YOGURT SNACKERS  
CHEF SALAD  
CORN  
FRESH VEGGIES  
FROZEN FRUIT CUP

FISH NUGGETS W/ MAC & CHEES **24**  
PBJ  
SOUTHWEST CHICKEN SALAD  
GREEN BEANS  
FRESH VEGGIES  
CHILLED FRUIT

STREET TACO W/SAUCE **25**  
HAM & CHEESE SANDWICH  
FRUIT & YOGURT SALAD  
CHIPS & SALSA (hot line)  
FRESH VEGGIES  
FRESH FRUIT

**CUBAN FLATBREAD** **26**  
YOGURT SNACKER  
CHICKEN CAESAR SALAD  
BLACK BEANS  
FRESH VEGGIES  
CHILLED FRUIT

CHICKEN NUGGETS **27**  
TURKEY & CHEESE SANDWICH  
ASIAN CHICKEN SALAD  
SWEET POTATO FRIES  
FRESH VEGGIES  
FRESH FRUIT

CHEESEBURGER **28**  
PIZZA SNACKER  
CHEF SALAD  
FRENCH FRIES  
FRESH VEGGIES  
APPLESAUCE

