



School Information: 1% White and Skim Chocolate served daily



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

Monday

Hot Dog on a Bun 2
 Potato Wedges
 Peas
 Fruit

Tuesday

Chicken Wraps 3
 Savory Rice
 Lettuce/Tomatoes
 Oatmeal Cookies
 Fruit

Wednesday

Taco Salad 4
 Tortilla Chips/Salsa
 Refried Beans
 Cinnamon Puffs
 Fruit

Thursday

Spaghetti w/Meat Sa 5
 Breadstick
 Garden Salad
 Green Beans
 Fruit

Friday

French Toast 6
 Egg Patty
 Sausage Patty
 Lettuce Salad
 Applesauce

4th Grade Menu 9
 Pork Rib on a Bun
 Mac & Cheese
 Cheesy Broccoli
 Polar Berries
 Ice Cream Cups

Cowboy Cavatini 10
 WW Roll & Jelly
 Carrots
 Garden Salad
 Orange Slices

Chicken Pattie 11
 Mashed Potatoes/Gravy
 Peas
 Fruit

Beef & Bean Burrito 12
 Tortilla Chips/Salsa
 Lettuce/Tomatoes
 Seasoned Corn
 Fruit

Pizza 13
 Tossed Salad
 Cherry Tomatoes
 Fruit

5th Grade Menu 16
 Mini Meatball Sub
 Corn
 Pineapple

Ham & Cheese Sand 17
 Chips
 Carrot Sticks
 Grapes
 Rice Krispie Bars

18

19

20

23

24

25

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31

