



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

NO SCHOOL

1

TUESDAY

-Pancakes or
-Caesar Salad

2

-Tator Tots & Fresh
Fruit

WEDNESDAY

-Popcorn Chicken w/Rice
or
-Ham & Cheese
Sandwich

3

-Broccoli & Fresh Fruit

THURSDAY

-Chicken Nuggets or
-Italian Bistro Box

4

-Carrots & fresh Fruit

FRIDAY

-Hot Dog or
-Turkey & Cheese
Sandwich

5

-Peas & Fresh Fruit

-French Toast Bites or
-Italian Bistro Box

8

-Tator Tots & Fresh
Fruit

-Chicken Nuggets
w/Buttered Noodles or
-Turkey & Cheese
Sandwich

9

-Carrots & Fresh Fruit

-Soft Beef Taco or
- Garden Salad

10

-Refried Beans &
Fresh Fruit

-Corn Dog Nuggets or
-Ham & Cheese Hoagie

11

-French Fries & fresh
Fruit

-Grilled Cheese or
-Italian Hoagie

12

-Tomato Soup &
Fresh Fruit

NO SCHOOL

15

-Waffles or
-Caesar Salad

16

-Tator Tots & Fresh
Fruit

-Popcorn Chicken or
-Ham & Cheese
Sandwich

17

-Black Beans/Corn &
Fresh Fruit

-Fish sticks or
-Garden Salad

18

-Broccoli & Fresh
Fruit

-Hot Dog or
-Build Your Own Pizza

19

-Carrots & Fresh Fruit

NO SCHOOL

22

-Grilled Cheese or
-Turkey & Cheese
Sandwich

23

-Tator Tots & Fresh Fruit

-Hot Dog or
-Garden Salad

24

-Black Beans/Corn &
Fresh Fruit

-Chicken Nuggets or
-Ham & Cheese
Hoagie

25

-Carrots & Fresh Fruit

-Cheeseburger or
-Italian hoagie

26

-Peas & Fresh Fruit

-Corn Dog Nuggets or
-Hummus Bistro box

29

-Tator Tots & Fresh
Fruit

-Cheeseburger or
-Caesar Salad

30

-French Fries & Fresh
Fruit

-Walking Taco or
-Ham & Cheese
Sandwich

31

-Corn & Fresh Fruit

