



**Meal Prices-Students--\$2.65
Adults--\$3.70**

This institution is an equal opportunity provider



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



Tuesday

Wednesday

Thursday

Friday

Salad Bar available daily at Middle & High School

Menus subject to change without notice

Chicken Fajita /Flat Bread
Soft OR Flatbread
Smiles
Green Beans
Mixed Fruit
Milk

SENIOR FAVORITE
Chicken Grill
Pasta/Alfredo
Broccoli/Carrots
Pears/Milk

SCHOOL LUNCH HERO DAY
Hamburger/Bun
French Fries
Baked Beans
Applesauce
Milk

SENIOR FAVORITE
Orange Chicken
Stir Fry/Carrots
Asian Rice
Bananas/Milk

SENIOR FAVORITE
Potato Nugget Hotdish
Corn
Peaches
Milk

SENIOR FAVORITE
Stromboli
Broccoli/Carrots
Sidekicks
Milk

SENIOR FAVORITE
Nacho Supreme
Lettuce Salad
Carrots/Celery
Pears/Milk

SENIOR FAVORITE
Italian Dunker
Green Beans
Pineapple
Milk

Hot Beef Gravy
Whipped Potatoes
Green Beans
Bananas
Milk

SENIOR FAVORITE
Tuna Noodles
Peas/Mixed Veg
Dinner Roll
Pears/Milk

Mr Ribb/Bun
Baked Beans
Ranch Wedges
Peaches
Milk

SENIOR FAVORITE
Tacos
Lettuce/Tomato/Cheese
Refried Beans
Corn/Pears/Milk

Quesadilla
Lettuce Salad
Carrots/Celery
Pineapple
Milk

Breakfast for dinner
French Toast
Little Smokies
Hashbrowns
Carrot Sticks/Milk

Chicken Nuggets
Whipped Potatoes/Gravy
Corn
Pears
Milk

Corndog
Smiles
Green Beans
Peaches
Milk

Tavern
French Fries
Baked Beans
Mixed Fruit
Milk

Pizza
Broccoli
Carrots
Pineapple
Milk

NO SCHOOL

Chicken shapes
Whipped Potatoes
Corn
Bananas
Milk

Meat/Bun
Oven Potatoes
Green Beans
Fruit
Milk

Hotdog/Bun
French Fries
Baked Beans
Fruit
Milk

"Sack Lunches"
Ham/Cheese/Bun
Chips
Carrots/Apples
Treat/Milk