



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

~~~~~  
This institution is an equal opportunity



**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

Choice of Salad Bar  
available at  
Middle & High School daily.  
~~~~~  
Menus subject to  
change without notice.



Chicken/Chili/Veg. Soup **1**  
Carrots/Celery  
Warm Apples  
Bread/Butter  
Milk

Fish Shapes OR **2**  
Chicken Shapes  
Smiles/Baked Beans  
Peaches  
Milk

Popcorn Chicken **5**  
Whipped Potatoes/Gravy  
Green Beans  
Bananas  
Milk

**6**  
**NO SCHOOL**

Hamburger/Bun **7**  
French Fries  
Baked Beans  
Mixed Fruit  
Milk

**8**  
**NO SCHOOL**

Garlic Cheese Bread **9**  
Broccoli/Carrots  
Pineapple  
Milk

Shamrock Nuggets **12**  
Whipped Potatoes/Gravy  
Green Beans  
Bananas  
Milk

Potato Nugget Hot Dish **13**  
Corn  
Peaches  
Bread/Butter  
Milk

Corn Dog **14**  
Smiles  
Baked Beans  
Pears  
Milk

Nacho Supreme **15**  
w/Cheese & Chili  
Lettuce/Carrots/Celery  
Applesauce  
Milk

Fish OR Chicken Patty **16**  
on a Bun  
Ranch Wedges  
Mixed Fruit  
Milk

Tavern/Bun **19**  
Sweet Potato Fries  
Coleslaw  
Bananas  
Milk

Tuna/Noodles **20**  
Peas/Mixed Vegetables  
Dinner Roll  
Peaches  
Milk

Pork Tenderloin/Bun **21**  
Oven Potatoes  
Baked Beans  
Peaches  
Milk

Chicken/Chili/Veg Soup **22**  
Carrots/Celery  
Warm Apples  
Bread/Butter  
Milk

Stuffed Crust Pizza **23**  
Lettuce/Carrots/Celery  
Pineapple  
Milk

Orange Chicken **26**  
Broccoli/Carrots  
Asian Rice  
Bananas  
Milk

Stromboli **27**  
Lettuce/Carrots/Celery  
Sidekicks  
Milk

Lil Bites **28**  
Smiles  
Carrot Sticks  
Pears  
Milk

Hotdog/Bun **29**  
French Fries  
Baked Beans  
Applesauce  
Milk

**30**  
**NO SCHOOL**