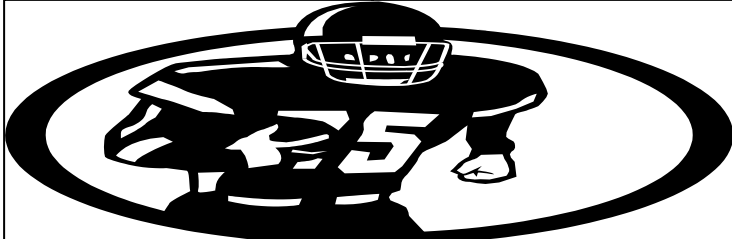


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
|  | | <p>Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens. Orange veggies, such as carrots, sweet potatoes, pumpkins, and winter squash. Add beans and peas such as pinto beans, kidney beans, and black beans.</p> | | <p>1 Breakfast Muffin/Cereal Peaches/Milk Lunch Ham & Cheese Bagel Tator Tots Let/Tom Cantaloupe Milk</p> |
| <p>2nd Choice Daily week 2 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choices # 2 BBQ Sandwich # 3 Smothered Steak</p> | <p>5 Breakfast Bkft Pizza Watermelon/Milk Lunch Walking Taco Let/Tom/Cheese Refried Beans Peaches Churro Milk</p> | <p>6 Breakfast Watermelon Yogurt Cereal/Milk Lunch Chicken Nuggets Potatoes/Gravy Hot Roll Green Beans Cantaloupe Milk</p> | <p>7 Breakfast Cinn Toast, Cereal Cantaloupe/Milk Lunch Rib Sandwich Potatoes/Gravy Dill Pickle Spear Brocc/Tom/Cuc Pears Milk</p> | <p>8 Breakfast Bis/Sausage Gravy Fresh Fruit, Milk Lunch Corn Dog Tator Tots Celery Banana Cookie Milk</p> |
| <p>2nd Choice Daily Week 3 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choices # 2 Sub Sandwich # 3 Corn Dog</p> | <p>12 Breakfast Ham/Che Quesadilla Salsa, Juice Milk Lunch Tangerine Chicken Fried Rice Stir Fried Vegetable Applesauce Milk</p> | <p>13 Breakfast Pancake/Syrup Watermelon/Milk Lunch Steak Fingers Potatoes/Gravy Tossed Salad Hot Roll Peaches Corn</p> | <p>14 Breakfast Fruit Pie/Cereal Cantaloupe/Milk Lunch BBQ Chicken Sandwich Baked Chips Baked Beans Dill Pickle Spear Banana Milk</p> | <p>15 Breakfast Bis/Sausage Gravy Applesauce /Milk Lunch Mexican Independence Day Chicken Fajitia/Tortilla Spanish Rice Refried Beans Watermelon Churro Milk</p> |
| <p>2nd Choice Daily Week 4 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choices # 2 Taco # 3 Burrito</p> | <p>19 Breakfast French Toast/Syrup Banana Milk Lunch Beef Nachos Corn Grapes Frozen Fruit Cup Milk</p> | <p>20 Breakfast Pancake on Stick Cantaloupe/Milk Lunch Chicken Strips Potatoes/ Gravy Hot Roll Green Beans Mixed Fruit Milk</p> | <p>21 Breakfast Bis/Sau Gravy Grapes/Milk Lunch Corn Dog Mac & Cheese Tossed Salad Strawberries cup Black Beans Milk</p> | <p>22 Breakfast Muffin/Cereal Strawberries Milk Lunch Grilled Chicken Sandwich Tator Tots Banana Baked Beans Milk</p> |
| <p>2nd Choice Daily Week 5 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choices # 2 Hamburger # 3 Pizza</p> | <p>26 Breakfast Oatmeal/Apples Cinnamon Toast Milk Lunch Pancakes/Syrup Sausage Crispy Cubes Mixed Fruit Milk</p> | <p>27 Breakfast Breakfast Burrito Watermelon Milk Lunch Chicken & Noodles Whip Potatoes Hot Roll Peaches Green Beans</p> | <p>28 Breakfast Yeast Donut/Cereal Grapes/Milk Lunch Turkey & Cheese Sandwich Baked Chips Watermelon Let/Tom/Pickle Spear Choc Cookie Milk</p> | <p>29 Breakfast Biscuit/Sausage Gravy Watermelon Milk Lunch Hamburger Potato Wedge Baked Beans Let/Tom/Pickle Cantaloupe</p> |
