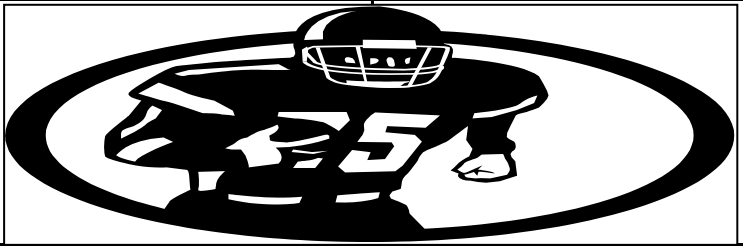


Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens. Orange veggies, such as carrots, sweet potatoes, pumpkins, and winter squash. Add beans and peas such as pinto beans, kidney beans, and black beans.</p>		<p>Without soil we would have no food, no clothing and no shelter. The red color in much of our soil in Oklahoma is caused by a high iron content in the soil, like the color of a rusty pipe.</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 Fish Sandwich</p>	<p>4 Breakfast Breakfast Pizza Fresh Fruit, Milk Lunch Corn Dog Baked Chips Celery/Brocc/Tom Mixed Fruit Oreo Cookie</p>	<p>5 Breakfast Watermelon Yoguurt Cereal/Milk Lunch Beef Nachos/Chips Tossed Salad Fresh Fruit Corn Pudding</p>	<p>6 Breakfast Cinn Toast Oatmeal Cantaloupe/Milk Lunch Hot Pork Sandwich Whipped Potatoes Green Beans Peas</p>	<p>7 Breakfast Bis/Sausage Gravy Peas/Milk Lunch Walking Taco Let/Tom/Cheese Refried Beans Peaches Churro</p>
<p>2nd Choice Daily Week 3 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choices # 2 Meatball Sub # 3 Hot Dog</p>	<p>11 Breakfast Breakfast Burrito Salsa, Pineapple /Milk Lunch Spaghetti/Meat Sauce Bosco Stick Tossed Salad Corn Applesauce</p>	<p>12 Breakfast Pancake/Syrup Watermelon/Milk Lunch Cheese Tuna Casserole Hot Roll Green Beans Peaches Milk</p>	<p>13 Breakfast Fruit Pie/Cereal Cantaloupe/Milk Lunch BBQ Pork Sandwich Baked Chips Baked Beans Dill Pickle Spear Banana</p>	<p>14 Breakfast Bis/Sausage Gravy Applesauce /Milk Lunch Mexican Independence Day Chicken Fajitia/Tortilla Spanish Rice Refried Beans Watermelon Churro</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>18 Breakfast French Toast/Syrup Banana/Milk Lunch Sloppy Joe Tator Tots Baked Beans Dill Pickle Spear Grapes Milk</p>	<p>19 Breakfast Pancake on Stick Cantaloupe/Milk Lunch Beef & Noodles Potatoes Hot Roll Peas Mixed Fruit Milk</p>	<p>20 Breakfast Bis/Sau Gravy Grapes/Milk Lunch Sheet Pan Chicken Quesadilla Let/Tom/Cheese/Sour Cream Strawberries Black Beans Churro Milk</p>	<p>21 Breakfast Muffin/Cereal Strawberries/Milk Lunch Grilled Chicken Sandwich Baked Chips Banana Let/Tom/Cheese Frozen Fruit Cup Milk</p>
<p>2nd Choice Daily Week 5 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choices # 2 Deli Sandwich # 3 Pizza</p>	<p>25 Breakfast Oatmeal/Apples Cinnamon Toast Milk Lunch Bean Burrito Cheese/Salsa/Sour Cream Mex Corn Mixed Fruit Milk</p>	<p>26 Breakfast Breakfast Burrito Watermelon Milk Lunch Chicken & Noodles Whip Potatoes Hot Roll Peaches Green Beans</p>	<p>27 Breakfast Yeast Donut/Cereal Grapes/Milk Lunch Turkey & Cheese Sandwich Potato Wedge Watermelon Cuc/Brocc/Tom Choc Cookie Milk</p>	<p>28 Breakfast Biscuit/Sausage Gravy Watermelon Milk Lunch Hamburger Baked Chips Baked Beans Let/Tom/Pickle Cantaloupe</p>
