

A variety of fruits and vegetables served daily. Vegetarian options everyday. \*The USDA and CDC are national authorities on diet and health. A diet rich in fruits and vegetables can help reduce the risk of heart disease, cancer, and other chronic diseases.

| Monday 1                                                                                         | Tuesday 2                                                                               | Wednesday 3                                                                                  | Thursday 4                                                                            | Friday 5 EO                                                                                     |
|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| *Grilled Cheese 3oz<br>Tomato Soup 3/4 cup<br>Mixed Veggies 3/4 cup<br>Apple 1/2 cup<br>Milk 8oz | Chicken Burrito 2oz<br>*Tortilla 2oz<br>Veggie Bar 3/4 cup<br>Pears 1/2 cup<br>Milk 8oz | Chicken Alfredo 3/4 cup<br>*Pasta 1 cup<br>Salad Bar 3/4 cup<br>Mandarin 1/2 cup<br>Milk 8oz | PB&J Sandwich 1oz<br>*Bread 2oz<br>Salad Bar 3/4 cup<br>Apple 1/2 cup<br>Milk 8oz     | Cheeseburger 2oz<br>*Bun 2oz<br>Salad Bar 3/4 cup<br>Banana 1/2 cup<br>Milk 8oz                 |
| Monday 8                                                                                         | Tuesday 9                                                                               | Wednesday 10                                                                                 | Thursday 11                                                                           | Friday 12 EO                                                                                    |
| Beef Tostada 2oz<br>*Tostada 2oz<br>Salad Bar 3/4 cup<br>Mandarin 1/2 cup<br>Milk 8oz            | Nacho Bar 2oz<br>*Tortilla Chips 2oz<br>Salad Bar 3/4 cup<br>Apple 1/2 cup<br>Milk 8oz  | *Pasta Bake 1 cup<br>Salad Bar 3/4 cup<br>Banana 1/2 cup<br>Milk 8oz                         | Orange Chicken 2oz<br>*Rice 1oz<br>Mixed Veggies 3/4 cup<br>Apple 1/2 cup<br>Milk 8oz | Ham Sub-Sandwich 2oz<br>*Bread 2oz<br>Veggie Bar 3/4 cup<br>Oranges 1/2 cup<br>Milk 8oz         |
| Monday 15                                                                                        | Tuesday 16                                                                              | Wednesday 17                                                                                 | Thursday 18                                                                           | Friday 19 EO                                                                                    |
| Hot Dog 2oz<br>*Bun 2oz<br>Baked Potato Bar 3/4 cup<br>Apple 1/2 cup<br>Milk 8oz                 | Chicken Taco 2oz<br>*Tortilla 2oz<br>Salad Bar 3/4 cup<br>Mandarin 1/2 cup<br>Milk 8oz  | Spaghetti 3/4 cup<br>*Pasta 1 cup<br>Salad Bar 3/4 cup<br>Peaches 1/2 cup<br>Milk 8oz        | *Chicken Sandwich 3oz<br>*Bun 2oz<br>Salad Bar 3/4 cup<br>Apple 1/2 cup<br>Milk 8oz   | Pepperoni Pizza 2oz<br>*Breadstick 1oz<br>Veggie Bar 3/4 cup<br>Mixed Fruit 1/2 cup<br>Milk 8oz |
| Monday 22                                                                                        | Tuesday 23                                                                              | Wednesday 24                                                                                 | Thursday 25                                                                           | Friday 26                                                                                       |
| No School<br>Winter<br>Break                                                                     | No School<br>Winter<br>Break                                                            | No School<br>Winter<br>Break                                                                 | No School<br>Winter<br>Break                                                          | No School<br>Winter<br>Break                                                                    |
| Monday 29                                                                                        | Tuesday 30                                                                              | Wednesday 31                                                                                 |                                                                                       |                                                                                                 |
| No School<br>Winter<br>Break                                                                     | No School<br>Winter<br>Break                                                            | No School<br>Winter<br>Break                                                                 |                                                                                       |                                                                                                 |