



**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



1  
Cheese/Hamburger  
Lettuce/tomato/pickle  
Potato Tots  
Fruit  
Milk

2  
Beef Tacos  
Pinto Beans  
Tossed Salad w/tomato  
Fruit  
Milk

3  
Pizza  
Corn  
Broccoli  
Fruit  
Milk

6  
Crispy Chicken Sand  
Carrot Sticks  
Peas  
Fruit  
Milk

7  
Pizza  
Corn  
Broccoli  
Fruit  
Milk

8  
Cheese/Hamburger  
Lettuce/tomato/pickle  
Potato Tots  
Fruit  
Milk

9  
Beef Tacos  
Pinto Beans  
Tossed Salad w/tomato  
Fruit  
Milk

10  
WG Grilled Cheese  
Corn  
Green Beans  
Fruit  
Milk

13  
Hot Dog on WG Bun  
Green Peas  
Carrot Sticks  
Fruit  
Milk

14  
Pizza  
Corn  
Broccoli  
Fruit  
Milk

15  
Cheese/Hamburger  
Lettuce/tomato/pickle  
Potato Tots  
Fruit  
Milk

16  
Beef Tacos  
Pinto Beans  
Tossed Salad w/tomato  
Fruit  
Milk

17  
**Early Dismissal**

20  
Roasted Turkey  
Dressing/ roll  
Mashed potatoes w/gravy  
Green Beans  
Fruit / Milk

21  
Holiday

22  
Holiday

23  
Holiday

24  
Holiday

27  
Chicken Nuggets  
Mashed Potatoes w/gravy  
Peas  
Fruit  
Milk

28  
Pizza  
Corn  
Broccoli  
Fruit  
Milk

29  
Cheese/Hamburger  
Lettuce/tomato/pickle  
Potato Tots  
Fruit  
Milk

30  
Beef Tacos  
Pinto Beans  
Tossed Salad w/tomato  
Fruit  
Milk

