Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			No School 01	No School 02
Pizza Corn Mixed Fruit WG Cookie 05	**Popcorn Chicken** **Sweet Potato Fries** **Mixed Vegetables** **Peaches** 06	Chicken Sandwich Romaine Lettuce Tomatoes Apple Slices 07	Crispitos Refried Beans Salsa Pineapple 08	Corn Dogs Smiley Fries Carrots Pears 09
Pizza Crunchers **Broccoli** **Applesauce** **Graham Cracker** 12	Egg Omelet Hashbrowns Celery Oranges Toast 13	Grilled Chicken Sandwich Baked Beans Tropical Fruit 14	Mac&Cheese Carrots/Cucumbers Strawberries 15	Chicken Nuggets Sweet Potato Fries Green Beans Peaches 16
No School 19	**Mozzarella Cheese Bites** **Broccoli** **Marinara Sauce** **Applesauce** 20	Burritos Refried Beans Salsa Pears 21	Cheeseburgers Twister Fries Celery Mixed Fruit 22	Quesadilla Pizza Carrots/Peas Bananas 23
Turkey Hot Dogs Sweet Potato Fries Baked Beans Diced Peaches 26	Rib Patty Sandwiches Cucumbers/Carrots Apple Slices 27	Chicken Fajitas Romaine Lettuce/Salsa Pineapple Rice 28	Breadsticks Corn Marinara Sauce Strawberries 29	Chicken O's Star Fries Celery Sticks Oranges WG Roll 30

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