



K3-K4 1 lunch \$3.00 / 20 lunches \$50.00
 K5-3rd 1 lunch \$3.50 / 20 lunches \$60.00
 4th-6th 1 lunch \$4.00 / 20 lunches \$70.00
 7th-12th 1 lunch \$4.50



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

3

Chicken tenders
 French fries
 Vegetable
 Fruit

4

Ham
 Mac and cheese
 Vegetable
 Fruit

5

Meatballs
 Noodles
 Vegetable
 Fruit

6

Bar-b-que chicken
 Mashed potatoes
 Vegetable
 Fruit

7

Pizza Inn

10

Fall Break

11

12

13

14

17

Chicken nuggets
 French fries
 Vegetable
 Fruit

18

Ravioli
 Garlic bread
 Vegetable
 Fruit

19

Grilled cheese
 Soup
 Fruit

20

Cheeseburgers
 Chips
 Vegetable
 Fruit

21

Pizza Inn

24

Corn dog
 French fries
 Vegetable
 Fruit

25

Fish
 Mac and cheese
 Vegetable
 Fruit

26

Quesadilla
 Chips and cheese
 Vegetable
 Fruit

27

Chili, chips, and cheese
 Fruit

28

Chick-fil-A

31

Hot dog
 French fries
 Vegetable
 Fruit

