

K3-K4 1 lunch \$3.50 / 20 lunches \$70.00  
 K5-3rd 1 lunch \$4.00 / 20 lunches \$80.00  
 4th-6th 1 lunch \$4.50 / 20 lunches \$90.00  
 7th-12th 1 lunch \$5.00



**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

Blank lunch box



Blank lunch box

1  
 Fish sandwich  
 Mac & cheese  
 Vegetable  
 Fruit

2  
 Blank lunch box

5  
 Chicken nuggets  
 Mashed potatoes  
 Vegetable  
 Fruit

6  
 Waffle  
 Chicken  
 Potato wedges  
 Baked apples

7  
 BBQ  
 Baked beans  
 Chips  
 Fruit

8  
 Hamburger  
 Tater tots  
 Vegetable  
 Fruit

9  
**Pizza Inn**

12  
 Grilled cheese  
 Tomato soup  
 Fruit

13  
 Corn dog nuggets  
 Corn  
 Vegetable  
 Fruit

14  
 Ravioli  
 Potato wedges  
 Vegetable  
 Fruit

15  
 Chicken sandwich  
 Chips  
 Vegetable  
 Fruit

16  
**Pizza Inn**

19  
**Parent/Teacher Conference Day**

20  
 Quesadilla  
 Corn  
 Vegetable  
 Fruit

21  
 Hot dog  
 Chips  
 Vegetable  
 Fruit

22  
 Steak and gravy  
 Mashed potatoes  
 Vegetable  
 Fruit

23  
**Pizza Inn**

26  
 Chicken strips  
 Potatoes  
 Vegetable  
 Fruit

27  
 Waffle  
 Chicken  
 Potato wedges  
 Baked apples

28  
 Ravioli  
 Garlic bread  
 Vegetable  
 Fruit

