

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		SAUSAGE PIZZA GARDEN SALAD RANCH DRESSING BANANA MARSHMALLOW RICE SQUARE MILK 1	GROUND BEEF AND MACARONI CORN ON THE COB APPLE WEDGES CARAMEL DIP CHOCOLATE CHIP COOKIE MILK 2	CHEESEBURGER SANDWICH SALAD CUP BAKED CHEETOS FRESH GRAPES MILK 3
BREADED STEAK STRIPS MASHED POTATOES WHITE GRAVY BABY CARROTS RANCH DIIP BAKING POWDER BISCUIT MILK 6	TURKEY AND CHEESE SANDWICH SANDWICH SALAD CUP FRENCH FRIES JUICE BAR ALMOND JOY COOKIE MILK 7	NACHOS WITH GROUND BEEF SHREDDED LETTUCE AND TOMATO REFRIED BEANS GELATIN WITH FRUIT MILK 8	BAKED HAM AU GRATIN POTATOES SLICED PEACHES BAKING POWDER BISCUIT HONEY MILK 9	NO SCHOOL IN-SERVICE 10
SLOPPY JOE FRENCH FRIES PICKLE SPEAR ORANGE SMILE CHOCOLATE NO BAKE COOKIE MILK 13	CHICKEN NUGGETS MASHED POTATOES BROWN GRAVY STRAWBERRIES AND BANANAS WHEAT ROLL MILK 14	FISH STRIPS MACARONI AND CHEESE GREEN BEANS FRUIT COCKTAIL CORNBREAD MILK 15	BEEF TACOS LETTUCE, TOMATO & CHEESE SEASONED CORN SALSA CHOCOLATE PUDDING MILK 16	CHILI WITH CORN CHIPS CARROT AND CELERY STICKS RANCH DIP APPLESAUCE CINNAMON ROLL MILK 17
NO SCHOOL IN-SERVICE 20	BEEF VEGETABLE SOUP TOASTED CHEESE SANDWICH CRACKERS APPLE WEDGES CHERRY NUT COOKIE MILK 21	HOAGIE SANDWICH SANDWICH SALAD CUP CORN ON THE COB SHERBET MILK 22	RIB PATTY SANDWICH PICKLE SPEAR TATER TOTS ASSORTED FRESH FRUIT PEANUT BUTTER NO BAKE COOKIE MILK 23	CHEESE PIZZA SPINACH SALAD SLICED PEACHES GRAHAM CRACKER MILK 24
HOT DOG ON BUN BAKED BEANS COLE SLAW STRAWBERRY SHORTCAKE MILK 27	CHICKEN STRIPS MASHED POTATOES GREEN BEANS WHITE GRAVY WHEAT ROLL MILK 28	HAMBURGER SANDWICH SALAD CUP FRENCH FRIES ROSEY APPLESAUCE MILK 29		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.