



**School Information:** At all grade levels, student must select at least three components, one of which must be ½ cup of fruits and/or vegetables. This institution is an equal opportunity provider.



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

## Monday



## Tuesday



## Wednesday

## Thursday

## Friday

Spaghetti  
Salad  
Garlic Bread  
Applesauce  
Milk

1

BBQ Meatballs  
Cheesy Mashed Potatoes  
Broccoli  
Pineapple  
Milk

2

Hamburger  
Lettuce, Tomato  
Fries  
Peaches  
Cookie  
Milk

3

Chili  
Cinnamon Roll  
Raw Vegetables  
Peaches  
Milk

8

Chicken Strips  
Mashed Potatoes w/Gravy  
Peas  
Pears  
Milk

9

Walking Taco  
Lettuce, Tomato  
Corn  
Refried Beans  
Pineapple  
Milk

10

Pizza  
Salad  
Green Beans  
Milk

15

Cook's Choice

16

Cook's Choice

17

22

23

24

29

30

31

27

28

29