



THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER



Nutrition Tip: 30% of milk consumed by 6- to 12-year-olds is consumed with cereal.

Reference: NHANES 2009-10 (Day 1)

Monday

Tuesday

Wednesday

Thursday

Friday

WG CEREAL **2**
WG TOAST
FRUIT
JUICE
MILK

BREAKFAST PIZZA **3**
FRUIT
JUICE
MILK

PANCAKE & SAUSAGE **4**
ON A STICK
FRUIT
JUICE
MILK

BISCUITS & SAUSAGE **5**
GRAVY
FRUIT
JUICE
MILK

TEACHER INSERVICE **6**
NO SCHOOL

WG CEREAL **9**
WG TOAST
FRUIT
JUICE
MILK

WAFFLES **10**
FRUIT
JUICE
MILK

FRENCH TOAST **11**
FRUIT
JUICE
MILK

FRUIT SMOOTHIE **12**
MUFFIN
FRUIT
JUICE
MILK

WG CEREAL **13**
WG POPTART
FRUIT
JUICE
MILK

WG CEREAL **16**
WG TOAST
FRUIT
JUICE
MILK

CHEESE OMELET **17**
WG TOAST
FRUIT
JUICE
MILK

PANCAKE & SAUSAGE **18**
ON A STICK
FRUIT
JUICE
MILK

BREAKFAST PIZZA **19**
FRUIT
JUICE
MILK

WG CEREAL **20**
WG POPTART
FRUIT
JUICE
MILK

WG CEREAL **23**
WG TOAST
FRUIT
JUICE
MILK

PANCAKES **24**
SAUSAGE
FRUIT
JUICE
MILK

FRENCH TOAST **25**
FRUIT
JUICE
MILK

THANKSGIVING **26**

NO SCHOOL **27**

WG CEREAL **30**
WG TOAST
FRUIT
JUICE
MILK





FRESH FRUIT & VEGETABLE BAR SERVED DAILY
MILK CHOICE SERVED DAILY.

Nutrition Tip: Increase veggie intake. Here are some ideas:

- Double the vegetables prepared for dinner and use leftovers in future meals
- Stuff leftover asparagus or peas with sliced turkey and cheese into a pita.
- Stock up on frozen and canned vegetables for quick additions to meals.

Monday

Tuesday

Wednesday

Thursday

Friday

FIESTADO
 CORN
 APPLESAUCE
 CAKE **2**

BREADED CHICKEN
 FILLET **3**
 MASHED POTATOES
 GREEN BEANS
 PEACHES
 WG ROLL

RUNZA
 BAKED BEANS **4**
 FRUIT SALAD

FISH SANDWICH **5**
 POTATO WEDGES
 COLESLAW
 FRUIT CHOICE

TEACHER INSERVICE **6**
 NO SCHOOL

GOULASH **9**
 GREEN BEANS
 PINEAPPLE
 CORN MUFFIN

BBQ MEATBALLS **10**
 SCALLOPED POTATOES
 PEAS
 APPLESAUCE
 WG ROLL

CHICKEN SANDWICH **11**
 FRENCH FRIES
 BABY CARROTS
 FRESH FRUIT

DELI SANDWICH **12**
 SUNCHIPS
 FRESH VEGETABLES
 GRAPES

PIZZA **13**
 LETTUCE SALAD
 FRUIT COCKTAIL
 PEANUT BUTTER BAR

CHICKEN FAJITA **16**
 REFRIED BEANS
 CORN
 FRESH FRUIT

CHILI CRISPITOES **17**
 POTATO ROUNDS
 CORN
 PEARS
 MUFFIN

BBQ RIB ON WG BUN **18**
 BAKED BEANS
 COLESLAW
 TROPICAL FRUIT SALAD

ROAST TURKEY **19**
 STUFFING
 MASHED POTATOES
 CORN
 PUMPKIN PIE

TACO SOUP **20**
 FRESH VEGGIES
 BANANAS
 CORN BREAD

CAVATINI **23**
 LETTUCE SALAD
 PEARS
 GARLIC BREAD

HAMBURGER ON WG **24**
 BUN
 FRENCH FRIES
 BABY CARROTS
 PEACHES
 COOKIE

EARLY DISMISSIL **25**
 NO LUNCH

26
 THANKSGIVING

27
 NO SCHOOL

CHICKEN NUGGETS **30**
 MASHED POTATOES
 GREEN BEANS
 FRUIT SALAD
 WG ROLL

