



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CARROTS</p>	<p>1 Alternatives</p> <p>Mon: Hot Ham Tues: Turkey Sub Wed: Hot Dog Thurs: Ham Sub Fri: Chicken Patty</p>	<p>2 Golden Chicken Nuggets</p> <p>Steamed Green Beans Fresh Baby Carrots Dinner Roll</p>	<p>3 Tater Tot Hot Dish</p> <p>Dinner Roll Fresh Baby Carrots</p>	<p>4 Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p>
	<p>7 Cheesy Baked Ziti</p> <p>Sweet Corn Fresh Broccoli Trees</p>	<p>8 Swedish Meatballs w/Penne Pasta</p> <p>Lettuce Diced Tomatoes</p>	<p>9 Honey Glazed Pork</p> <p>Dinner Roll Smashed Yukon Gold Potatoes Baby Carrots</p>	<p>10 Sweet & Sour Chicken Nuggets</p> <p>Brown Rice Orange Glazed Carrots Fresh Broccoli</p>
<p>14 Golden Corn Dog</p> <p>Toasty Tater Tots Crunchy Baby Carrots</p>	<p>15 Crispy Chicken Parmesan</p> <p>Spaghetti Italian Vegetables Lettuce</p>	<p>16 BBQ Pulled Pork Sandwich</p> <p>Sweet Potato Waffle Fries Corn</p>	<p>17 Cheesy Beef Nachos</p> <p>Pinto Beans Salsa</p>	<p>18 Cheeseburger</p> <p>Jo Jo Potato Wedges Crisp Garden Salad</p>
<p>21 Homemade Mac & Cheese</p> <p>Golden Breadstick Steamed Peas Cherry Tomatoes</p>	<p>22 Crispy Chicken Bowl</p> <p>Fresh Baby Carrots</p>	<p>23 Spaghetti w/ Meat Sauce</p> <p>Garlic Breadstick Italian Vegetables Lettuce Diced Tomatoes</p>	<p>24 Walking Taco</p> <p>Mexi Rice Mexi-corn Crisp Romaine Lettuce Black Beans</p>	<p>25 Hot Dog</p> <p>Fresh Garden Salad Seasoned Green Beans Crisp Baked Fries</p>
<p>28 Italian Dunkers</p> <p>Seasoned Green Beans Mixed Vegetables</p>	<p>29 Golden Corn Dog</p> <p>Tangy Coleslaw Fresh Baby Carrots</p>	<p>30 Zesty Taco Soup w/ Crunchy Corn Tortilla Chips</p> <p>Refried Beans Romaine Lettuce Diced Tomatoes</p>	<p>31 BBQ Chicken Drummie</p> <p>Dinner Roll Roasted Potatoes Romaine Lettuce Diced Tomatoes</p>	<p>Choose MyPlate.gov</p>

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the FooSherri Lokhorst, Food Service Director at boydenhull@aviands.com or call **712-725-2381**



This institution is an equal opportunity provider