



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JICAMA</p> <p>FRESH PICKS</p>	<p>Alternatives</p> <p>Mon: Hot Ham Tues: Turkey Sub Wed: Hot Dog Thurs: Ham Sub Fri: Chicken Patty</p>			<p>1</p> <p>Cheese Pizza</p> <p>Crisp Garden Salad Steamed Green Beans</p>
<p>4</p> <p>Hearty Chili con Carne w/Cornbread</p> <p>Crunchy Baby Carrots</p>	<p>5</p> <p>Chicken Fajitas</p> <p>Pinto Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Salsa</p>	<p>6</p> <p>Meatloaf</p> <p>Dinner Roll Mashed Potatoes Corn Romaine Salad</p>	<p>7</p> <p>Chicken Cacciatore</p> <p>Steamed Mixed Vegetables Fresh Celery Sticks Garlic Breadstick</p>	<p>8</p> <p>Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p>
<p>11</p> <p>No School</p>	<p>12</p> <p>No School</p>	<p>13</p> <p>Zesty Taco Soup w/ Crunchy Corn Tortilla Chips</p> <p>Crisp Romaine Lettuce Diced Tomatoes</p>	<p>14</p> <p>Cheesy Chicken Quesadilla</p> <p>Roasted Potatoes Crisp Romaine Lettuce Diced Tomatoes</p>	<p>15</p> <p>Pepperoni Pizza</p> <p>Fresh Garden Salad Fresh Broccoli Trees</p>
<p>18</p> <p>Toasty Grilled Cheese</p> <p>Steamed Mixed Vegetables Tomato Soup</p>	<p>19</p> <p>Creamy Chicken & Rice Casserole</p> <p>Steamed Green Beans Fresh Baby Carrots Dinner Roll</p>	<p>20</p> <p>Beef Enchilada</p> <p>Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans</p>	<p>21</p> <p>Tater Tot Hot Dish</p> <p>Dinner Roll Fresh Baby Carrots</p>	<p>22</p> <p>Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p>
<p>25</p> <p>Cheesy Baked Ziti</p> <p>Sweet Corn Fresh Broccoli Trees</p>	<p>26</p> <p>Swedish Meatballs w/Penne Pasta</p> <p>Black Beans Diced Tomatoes</p>	<p>27</p> <p>Honey Glazed Pork</p> <p>Dinner Roll Mashed Potatoes Baby Carrots</p>	<p>28</p> <p>Sweet & Sour Chicken Nuggets</p> <p>Brown Rice Glazed Carrots Fresh Broccoli</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, Sherri Lokhorst, Food Service Director at boydenhull@aviands.com or call **712-725-2381**



This institution is an equal opportunity provider