



| 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 Cheese Pizza</p> <p>Crisp Garden Salad Steamed Green Beans</p> |
| <p>4 Hearty Chili con Carne w/Cornbread</p> <p>Crunchy Baby Carrots</p> | <p>5 Chicken Fajitas</p> <p>Pinto Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Salsa</p> | <p>6 Meatloaf</p> <p>Dinner Roll Mashed Potatoes Corn Romaine Salad</p> | <p>7 Chicken Cacciatore</p> <p>Steamed Mixed Vegetables Fresh Celery Sticks Garlic Breadstick</p> | <p>8 Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p> |
| <p>11 No School</p> | <p>12 No School</p> | <p>13 Zesty Taco Soup w/ Crunchy Corn Tortilla Chips</p> <p>Crisp Romaine Lettuce Diced Tomatoes</p> | <p>14 Cheesy Chicken Quesadilla</p> <p>Roasted Potatoes Crisp Romaine Lettuce Diced Tomatoes</p> | <p>15 Pepperoni Pizza</p> <p>Fresh Garden Salad Fresh Broccoli Trees</p> |
| <p>18 Toasty Grilled Cheese</p> <p>Steamed Mixed Vegetables Tomato Soup</p> | <p>19 Creamy Chicken & Rice Casserole</p> <p>Steamed Green Beans Fresh Baby Carrots Dinner Roll</p> | <p>20 Beef Enchilada</p> <p>Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans</p> | <p>21 Tater Tot Hot Dish</p> <p>Dinner Roll Fresh Baby Carrots</p> | <p>22 Cheeseburger</p> <p>Fresh Garden Salad Crisp Baked Fries</p> |
| <p>25 Cheesy Baked Ziti</p> <p>Sweet Corn Fresh Broccoli Trees</p> | <p>26 Swedish Meatballs w/Penne Pasta</p> <p>Black Beans Diced Tomatoes</p> | <p>27 Honey Glazed Pork</p> <p>Dinner Roll Mashed Potatoes Baby Carrots</p> | <p>28 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