



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 <p>Sleep During sleep the body repairs & restores itself.</p> 	<p>Nutrition Byte</p> <p>Nutrition</p>  <p>Stay away from processed food & sugar.</p>	 <p>Exercise Get plenty of exercise and outdoor playtime. Outside air is less toxic than inside air.</p>	<p>Chicken Nuggets Quesadilla Fries Peas Pineapple Peaches</p>	<p>Pizza Mini Corn Dogs Green Beans Corn Pears Applesauce</p>
8	9	10	11	12
<p>Cheeseburger Bosco Sticks Baked Beans Corn Mixed Fruit Tropical Fruit Salad</p>	<p>Chicken & Noodles Sloppy Joes Mashed Potatoes Buttered Carrots Peaches Strawberries</p>	<p>Grilled Cheese Smoked Sausage Tomato Soup & Goldfish Crackers Salad Applesauce, Pears</p>	<p>Sausage Gravy & Biscuit Turkey Wraps Tator Tots Green Beans Fresh Fruit Pineapple</p>	<p>Cooks Choice</p>
15	16	17	18	19
 <p>NO SCHOOL Snow Make-Up Day</p>	<p>Chicken Strips Pork Chop Buttered Carrots Mash Potatoes/Grav WG/Roll Apple, Orange</p>	<p>Philly Cheese Steak Pizza Pocket Salad Veggies & Dip Pineapple Mixed Fruit</p>	<p>Soft Tacos Br Chicken Sand Refried Beans Salsa & Chips Pears Peaches</p>	<p>Cooks Choice</p>
22	23	24	25	26
<p>General Tso's Chicken Mini Sub Fried Rice Green Beans Fortune Cookie Mandarin Oranges Pineapple</p>	<p>Pretzel & Cheese Falcon Rite Baked Beans Cottage Cheese & Tom Applesauce Peaches</p>	<p>Br Chicken Sand Corn Dog Buttered Carrots Veggies & Dip Sliced Apples Orange Wedges</p>	<p>BBQ Rib Sandwich Pork Fritter Fries California Blend Veg. Mixed Fruit Grapes</p>	<p>Cooks Choice</p>
29	31	31	1	2
<p>Nachos Quesadilla Refried Beans Green Beans Applesauce Orange Wedges</p>	<p>Lasagna Roll Ups Chicken Alfredo Garlic Bread California Blend Veg. Buttered Peas Pineapple Tropical Fruit Salad</p>	<p>Cheeseburger Chicken Nuggets Fries Salad Apple Slices Mixed Fruit</p>		

A chef salad or jammer sandwich will also be offered every day. Milk will be serve with every meal

Breakfast



Monday

Pop Tarts
Juice
Milk



TUESDAY

Waffles & Sausage
Juice
Milk

WEDNESDAY

Sausage, Gravy & Biscuit
Juice
Milk

THURSDAY

Breakfast Pizza
Juice
Milk

FRIDAY

Donuts
Yogurt
Juice, Milk

A variety of cold cereal will also be offered every day as a main item for breakfast.

