



School Information: : Free lunch at Dort, Huron Park, Kaiser, Kment, Patton, and Steenland.
 Full Price Lunch \$2.50
 Reduced Lunch \$0.40



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Patty on Bun
 Cheese Quesadilla
 Green Beans
 Fruit and Vegetable Bar
 Milk
 Mayonnaise **2**

Soft Beef Tacos
 Cheese Quesadilla
 Refried Beans
 Fruit and Vegetable Bar
 Milk
 Salsa **3**

Pepperoni Pizza
 Cheese Quesadilla
 Fruit and Vegetable Bar
 Milk **4**

Chicken Alfredo w/
 Garlic Bread
 Cheese Quesadilla
 Seasoned Broccoli
 Fruit and Vegetable Bar
 Milk **5**

French Toast w/ Sausage
 Cheese Quesadilla
 Hash Brown Starz
 Fruit and Vegetable Bars
 Milk
 Ketchup **6**

Chicken Nuggets w/ Roll
 All American Sub
 Baked Beans
 Fruit and Vegetable Bar
 Milk
 Barbeque Sauce
 Mayonnaise **9**

Cheeseburger Meatloaf w/
 Roll
 All American Sub
 Mashed Potatoes
 Fruit and Vegetable Bar
 Milk
 Mayonnaise **10**

Bosco Sticks
 All American Sub
 Fruit and Vegetable Bar
 Milk
 Marinara Sauce
 Mayonnaise **11**

Sweet and Sour Chicken w/
 Rice
 All American Sub
 Seasoned Broccoli
 Fruit and Vegetable Bar
 Milk
 Mayonnaise **12**

½ Day
 No Lunch **13**

Chicken Tenders w/ Roll
 Hamburger on Bun
 Seasoned Corn
 Fruit and Vegetable Bar
 Milk
 Ketchup, Mustard
 Honey Mustard **16**

Mini Turkey Corn Dogs
 Hamburger Buns
 Sweet Potato Puffs
 Fruit and Vegetable Bar
 Milk
 Ketchup, Mustard **17**

Pepperoni Calzone
 Hamburger on Bun
 Fruit and Vegetable Bar
 Milk
 Ketchup, Mustard **18**

Cheese Lasagna w/
 Garlic Bread
 Hamburger on Bun
 Fruit and Vegetable Bar
 Milk
 Ketchup, Mustard **19**

Beef and Cheese Nachos
 Hamburger on Bun
 Refried Beans
 Fruit and Vegetable Bar
 Milk
 Ketchup, Mustard **20**

Chicken Nuggets w/ Roll
 Turkey & Cheese Sub
 Baked Beans
 Fruit and Vegetable Bar
 Milk
 Barbeque Sauce
 Mayonnaise **23**

Oven Fried Chicken w/ Roll
 Turkey and Cheese Sub
 Mashed Potatoes
 Fruit and Salad Bar
 Milk
 Mayonnaise **24**

Cheese Pizza
 Turkey and Cheese Sub
 Fruit and Vegetable Bar
 Milk
 Mayonnaise **25**

Pasta & Meat Sauce w/
 Garlic Bread
 Turkey and Cheese Sub
 Fruit and Vegetable Bar
 Milk
 Mayonnaise **26**

Nacho Bites
 Turkey and Cheese Sub
 Fruit and Vegetable Bar
 Milk
 Mayonnaise
 Marinara Sauce **27**

Chicken Patty on Bun
 Cheese Quesadilla
 Green Beans
 Fruit and Vegetable Bar
 Milk
 Mayonnaise **30**

Soft Beef Tacos
 Cheese Quesadilla
 Refried Beans
 Fruit and Vegetable Bar
 Milk
 Salsa **31**

