

Monday

Pancakes
Scrambled eggs
Roasted potatoes
Fruit
Skim or 1% milk

1

Three Sisters Soup
Banana Bread
Fresh Green Salad
Fruit
Skim or 1% milk

8

Orzo pasta with green peas
Cottage cheese
Fresh green salad
Fruit
Skim or 1% milk

15

Potato soup
Dinner Roll
Fresh green salad
Fruit
Skim or 1% milk

22

Haystacks!
W/ all the fixins'
Veggie Medley
Fruit
Skim or 1% milk

29
Tuesday

Bean, cheese and rice burrito
W/salsa & sour cream
Veggie Medley
Fruit
Skim or 1% milk

2

Spaghetti w/ Alfredo sauce
Cottage cheese
Garlic Bread
Fresh green salad
Fruit
Skim or 1% milk

9

Mr. Dave's Pick!

Baked potato
Homemade chili w/cheese & sour cream
Fresh green Salad
Pumpkin squares
Fruit
Skim or 1% milk

16

Bean, cheese and rice burrito
W/salsa & sour cream
Confetti corn salad
Fruit
Skim or 1% milk

23

Lentil Sloppy Joes
On a Whole grain bun
Coleslaw
Veggie Medley
Fruit
Skim or 1% milk

30
Wednesday

Southwestern White Bean Soup
Corn bread
Fresh Green Salad
Fruit
Skim or 1% milk

3

Baked Apple French toast
Vanilla yogurt
Veggie Medley
Fruit
Skim or 1% milk

10

Spaghetti w/ Marinara & "meatballs"
Cottage cheese
Fresh green salad
Fruit
Skim or 1% milk

17

Swiss chard frittata
Banana Bread
Veggie Medley
Fruit
Skim or 1% milk

24

Vegetable Lasagna
Dinner Roll
Fresh green salad
Fruit
Skim or 1% milk

31
Thursday

Tomato soup
Grilled cheese sandwiches
Fresh green salad
Fruit
Skim or 1% milk

4

Yum bowls
(Rice & bean bowl that kids can customize
w/their choice of veggies, cheese & sauce)
Fresh green salad
Fruit
Skim or 1% milk

11

Mrs. Dana's Pick!

Harvest Vegetable Pie
Cottage cheese
Dinner roll
Fresh green salad
Fruit
Skim or 1% milk

18

Broccoli, cheese & rice casserole
Cottage cheese
Fresh green salad
Fruit
Skim or 1% milk

25
Friday

Pizza!
Cottage cheese
Fresh green salad
Fruit
Skim or 1% milk

5

Mac n Cheese
Roasted carrots
Fresh green Salad
Fruit
Skim or 1% milk

12

Haystacks!
W/all the fixins'
Veggie medley
Fruit
Skim or 1% milk

19

Cheesy Baked Kale and Penne Pasta
Roasted roots
Fresh green salad
Fruit
Skim or 1% milk

26