



School Information:

Some foods may be cooked in peanut oil. Please contact the school if your child has an allergy to peanuts. Thank You!



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Chicken Nuggets **1**
Cheesy Potatoes
Corn
Pears

Tuesday

Hotdog on Bun **2**
Pork n Beans
Fried Chips
Fruit Cocktail

Wednesday

Beef and Rice Casserole **3**
Green Beans
Apple Sauce

Thursday

Grilled Chicken on Bun **4**
Baked Potato
Cooked Carrots
Pineapple

Friday

Avantis Gondola **5**
Chips
Salad
Fruit

Turkey and Cheese **8**
Sandwich
Pasta Salad with Vegies
Fruit Salad

Corndog **9**
Mac & Cheese
Peas
Pineapple

Salisbury Steak **10**
Mashed Potatoes with Gravy
Green beans
Jell-O with fruit

Tacos **11**
Refried Beans
Cucumber Slices
Grapes

Avantis Spaghetti **12**
Bread
Salad
Fruit

Tator Tot Casserole **15**
Corn
Fruit

Baked Ham **16**
Au Gratin Potatoes
Green Beans
Pineapple

Hamburger on Bun **17**
Tri Tators
Corn
Peaches

Papa Johns Pizza **18**
Salad
Chips
Fruit

SPIRIT DAY! **19**
Hotdog picnic lunch

Breaded Chicken Patty **22**
On Bun
Parsley Buttered Noodles
Green Beans
Peaches

Meatloaf **23**
Mashed Potatoes
Corn
Apple Slices

Mostaccioli with Meat **24**
Sauce
Bread Stix
Salad
Pears

Early Dismissal **25**

No School **26**

Type your text here **29**

Type your text here **30**

Type your text here **31**

