



School Information: Type your school information here.



Fitness Tip: Find ways to increase physical activity. You could try to:

- Play a sport like basketball, softball, or soccer
- Walk, skate, or cycle more
- Do stretches, exercises, or pedal a stationary bike while watching TV



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets
Mashed Potatoes
Green Beans
Fruit **5**

Hamburger
French Fries
Lettuce
Fruit **6**

Taco Salad
Tortilla Chips
Lettuce Bowl
Corn
Fruit **7**

Ham & Cheese Hot Pocket **1**
Green Beans
Side Salad
Fruit

Cheesy Chicken **2**
Tortilla Chips
Black Beans
Corn
Fruit

Salisbury Steak **12**
Mashed Potatoes
Green Beans
Roll
Fruit

Chicken Sandwich **13**
French Fries
Carrot Sticks
Fruit

Burrito **14**
Corn
Black Beans
Fruit

Pizza **15**
Side Salad
Broccoli
Fruit

Taco Soup **16**
Tortilla Chips
Sour Cream
Fruit

Chicken Nuggets **19**
Mashed Potatoes
Broccoli
Fruit

Hamburger **20**
French Fries
Lettuce
Fruit

Chicken Noodles **21**
Peas & Carrots
Roll
Fruit

Cherry Blossom **22**
Chicken
Fried Rice
Green Beans
Fruit

Hot Dog **23**
Baked Beans
Chips
Carrot Sticks
Fruit

Pizza **26**
Side Salad
Corn
Fruit

Chicken Sandwich **27**
French Fries
Carrot Sticks
Fruit

Quesadilla **28**
Side Salad
Corn
Fruit

Ham & Cheese Hot Pocket **29**
Green Beans
Side Salad
Fruit

Cheesy Chicken **30**
Tortilla Chips
Black Beans
Corn
Fruit