

Lunch Pricing:
Student - \$2.60
Reduced - \$.40
Adult - \$3.25
Milk - \$.60



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

1
 If you have any questions or comments, please contact the Food Service Dept. at (618)451-5800
 Or
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2
 Milk Variety Offered Daily:
 1% White
 FF Chocolate

3
MENU IS SUBJECT TO CHANGE

4

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17
 Pepperoni Pizza
 Romaine Tossed Salad
 With Lite Italian Dressing
 Peas
 Diced Peaches
 Milk

18
 Chicken Nuggets
 Mashed Potatoes
 Whole Kernel Corn
 Apple Slices
 Milk

19
 Breaded Chicken on
 Whole Grain Bun
 Baked Beans
 Tator Tots
 Pineapple Chunks
 Milk

22
 BBQ Rib
 Oven Fries
 Sweet Peas
 Mixed Fruit Cup
 Milk

23
 Soft Taco
 Shredded Lettuce
 Spanish Rice
 Cheesy Beans
 Veggie Boat, Salsa Cup
 Applesauce, Milk

24
 Chicken Strips
 Mashed Potatoes
 Green Beans, Dinner Roll
 Peaches
 Milk

25
 Fiestada Pizza
 Carrots
 Romaine Salad
 Apple Slices
 Milk

26
 Orange Chicken
 Steamed Broccoli
 Corn, Spaghetti Noodles
 Breadstick
 Pineapple Chunks
 Milk

29
 Cheese Pizza
 Crunchers
 Green Beans, Veggie Boat
 Pears
 Milk

30
 Chicken Nuggets
 Mashed Potatoes
 Corn, Dinner Roll
 Pineapple Chunks
 Milk

31
 Spaghetti with
 Meat Sauce
 Bread Stick
 Romaine Tossed Salad
 Veggie Boat, Carrots
 Mixed Fruit, Milk

