

Milk Variety Offered Daily:
 1% White
 FF Chocolate
 Adult Price - \$3.25



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

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 If you have any questions
 or comments, please contact the Food
 Service Dept. at (618)451-5800
 Or
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2
 "USDA is an equal opportunity
 provider and employer".

3
**MENU IS SUBJECT
 TO CHANGE**

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17
 Hot Dog
 Romaine Tossed Salad
 Lite Italian Dressing
 Peas
 Diced Peaches
 Milk

18
 Chicken Rings
 Mashed Potatoes
 Whole Kernel Corn
 Apple Slices
 Milk

19
 Hamburger
 Green Beans
 Tator Tots
 Pineapple Chunks
 Milk

22
 Sloppy Joe
 Oven Fries
 Baked Beans
 Mixed Fruit Cup
 Milk

23
 Soft Taco
 Shredded Lettuce
 Spanish Rice
 Peas, Salsa Cup
 Applesauce
 Milk

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

25
 Pizza Crunchers
 Carrots
 Apple Slices
 Milk

26
 Turkey & Cheese on
 Bun
 Steamed Broccoli
 Corn
 Pineapple Chunks
 Milk

29
 Grilled Cheese
 Sandwich
 Green Beans
 Pears
 Milk

30
 Hot Dog
 Potato Smiles
 Corn
 Pineapple Chunks
 Milk

31
 Spaghetti
 Romaine Tossed Salad
 With FF Ranch Dressing
 Carrots
 Mixed Fruit
 Milk

