



Patricia Bentley, Cafeteria Manager

Welcome back, students!



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

USDA is an equal opportunity provider, employer, and lender. Reference: Eat Right

Monday



4

Tuesday

Wednesday



6

Thursday

7

Friday

1

5
Chicken nuggets w/ Roll
Broccoli w/ cheese
Baked Beans
Fruit
Choice of Milk

6
Pizza OR Spaghetti
Salad
Corn
Fruit
Choice of Milk

7
Vegetable soup
Cornbread
Carrots
Fruit
Choice of Milk

8
Corndog
Green Beans
Salad
Fruit
Choice of Milk

11
Chili Cheese Tots
Cinnamon Roll
Carrots w/ dip
Fruit
Choice of Milk

12
Taco Salad
Refried Beans
Corn
Lettuce/Tomato
Fruit
Choice of Milk

13
Hotdog
Slaw
Baked Beans
Fruit
Choice of Milk

14
Chicken Sandwich
Green Beans
Lettuce/Tomato
Fruit
Choice of Milk

15
Pizza
Caesar Salad
Broccoli w/ cheese
Fruit
Choice of Milk

18
No School/MLK Day

19
Teriyaki Chicken
OR General Tso Chicken
Rice
Eggroll/Fortune Cookie
Fruit
Choice of Milk

20
Hamburger
Fries
Lettuce/Tomato/Pickle
Carrots w/ dip
Fruit
Choice of Milk

21
Chicken Fajita Wrap
Corn
Refried Beans
Fruit
Choice of Milk

22
Cheese Sticks
Salad
Veggies w/ dip
Fruit
Choice of Milk

25
Chicken Taco Wrap
Green Beans
Salad
Fruit
Choice of Milk

26
Mini Corndogs
Fries
Pintos
Fruit
Choice of Milk

27
Sausage OR Steak Biscuit
Tri-taters
Gravy
Fruit
Choice of Milk

28
Cowboy Nachos
Refried Beans
Salad
Fruit
Choice of Milk

29
Chicken Tenders w/ Roll
Baked Beans
Carrots
Fruit
Choice of Milk