

Monday
Tuesday
Wednesday
Thursday
Friday

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Eat a **rainbow** of fruits and vegetables to get your needed vitamins and minerals. Half of your plate should be fruits and vegetables.

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Papa John's Cheese Pizza (4 oz)
(Jefferson, McGuffey)
Garden Salad (1 1/4 cup)
(lettuce 1 c., tomatoes, 1/4 c., carrots, 1/4 c., cukes 1/4 c.) Dressing (12 gm)
Dole Jello Fruit Cup (1/2 cup)

Lincoln, Willard - Pizza Hut

Nacho Grande
(Beef 2 oz, Cheese 1 oz, Tortilla Chips 1 oz oz)
Shred Lettuce (1/8 c)
Sweet Corn (1/4 cup), Salsa (1/2 cup)
Taco Sauce (12 gm)
Orange Wedges (1/2 cup)

Beef Hot Dog (4 oz)
(Beef hot dog 2 oz, W/G Bun 2 oz)
Potato Wedges (1/4 cup)
Baked Beans (1/4 cup)
Diced Peach Cup (1/2 cup)
Ketchup (12 gm), Mustard (9 gm)

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Cheeseburger
(Beef Patty 3 oz, Cheese .5 oz, W/G Bun 2 oz)
BBQ Baked Beans (1/4 cup)
Diced Pineapple Cup (1/2 cup)
Ketchup (12 gm), Mustard (9 gm)

French Toastix (2 oz)
Syrup (1 oz)
Sausage Links/Patties (1 oz)
Tater Tots (1/4 cup)
Applesauce (1/2 cup)

Papa John's Pepp Pizza (4 oz)
(Lincoln, Willard)
Fresh Veggie Medley (1/4 cup)
Ranch (1 oz)
Apple Slices (1/2 cup)

Cocca's - McGuffey Pizza Hut - Jeff

Chicken Tenders
Dinner Roll w/marg (1 oz)
Mashed Potatoes (1/2 cup)
Gravy (1/4 cup)
Banana (1/2 cup)
Ranch (1 oz), BBQ (1 oz)

Chicken Burrito (4.5 oz)
(Chix 2 oz, Cheese 1 oz, Tortilla Wrap 1.5 oz)
Sweet Corn (1/4 cup)
Salsa (1/2 cup)
Mixed Fruit Cup (1/2 cup)