



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mac & Cheese Garlic Breadstick Steamed Peas Baby Carrots	3 Hot Ham & Cheese Sandwich Romaine Lettuce Baked Beans	4 Crunchy Frito Pie Romaine Lettuce Grape Tomatoes Dinner Roll	5 Beef Pasta Bake Glazed Carrots Garlic Breadstick Crisp Celery	6 Teacher In-Service Day
9 Italian Dunker w/ Marinara Sauce Steamed Broccoli Baby Carrots	10 Corn Dog Potato Wedges Coleslaw Chilled Peas	11 Beef Nachos Refried Beans Romaine Lettuce Salsa & Sour Cream	12 Cheese Pizza Garden Salad Grape Tomatoes	13 BBQ Chicken Sandwich Tater Tots Romaine Lettuce Cucumber Slices
16 Grilled Cheese Tomato Soup Popeye Salad Green Peppers	17 Chicken Nuggets Mashed Potatoes w/ Gravy Dinner Roll Baby Carrots	18 Tater Tot Nachos Spanish Rice Romaine Lettuce Pinto Beans Salsa Sour Cream	19 Pizza Dippers w/ Marinara Sauce Glazed Carrots Baby Carrots	20 Cheeseburger on a Bun French Fries Garden Salad
23 Pasta Rosa w/ Meatballs Seasoned Corn Fresh Broccoli	24 Frito Pie Dinner Roll Romaine Lettuce Pinto Beans Salsa Sour Cream	25 Diced Chicken w/ Gravy Mashed Potatoes Baby Carrots	26 Hot Dog on a Bun Baked Beans Cucumber Slices	27 Pepperoni Pizza Green Bean Casserole Garden Salad
30 French Toast Sticks Cheese Omelets Tater Tots Baby Carrots Maple Syrup	31 Chicken Parmesan on a Bun Glazed Carrots Popeye Salad	 Butternut squash can be substituted in any recipe for pumpkin.		 ChooseMyPlate.gov

NUTRITION BAR

Included with your meal and offered daily.
Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at npsd@aviands.com or call 715-479-5800