




PreK-3: 11:00-11:30
 PreK-4: 11:05-11:35
 Kinder: 11:10-11:40
 1st Grade: 11:15-11:45

2nd Grade: 11:20-11:50
 3rd Grade: 11:25-11:55
 4th Grade: 11:35-12:05
 5th Grade: 11:40-12:10



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dogs Pork n Beans Fritos / Pickles Fruit Milk 1	Chili & Rice Pinto Beans Corn Bread Dessert Milk 2	Chicken Spaghetti Green Beans Garlic Sticks Cookies Milk 3	Sloppy Joes Chips Celery sticks / Pickles Dessert Milk 4	Pepperoni Pizza on Texas Toast Corn Cucumber / Carrots Milk 5
Sausage/Egg/ Cheese Burrito 8 Refried Beans Hash Browns / Fruit Milk	Beef Taquitos 9 Black Beans Salad Cheese Sauce / Dessert Milk	Sausage 10 Mashed Potatoes Cabbage Corn Bread / Fruit Milk	Hamburgers w/ Fixings 11 Corn on the Cob Tator Tots / Dessert Milk	Ham/Cheese Wrap 12 Salad Chips Fruit Milk
BBQ Burgers 15 Pinto Beans Tator Tots / Pickles Fruit Milk	Mexican Casserole 16 Spanish Rice Salad Dessert Milk	Fish Sticks 17 Garlic Pasta Broccoli Garlic Stick Milk	Baked Chicken 18 Thigh w/ BBQ Sauce Loaded Potatoes / Corn Bread / Dessert Milk	Potato/Egg/Cheese 19 Taco Tortilla Chips / Fruit Cucumbers / Carrots Milk
Zoo Nuggets 22 Mac n Cheese Sweet Peas Fruit Milk	Chicken Noodle 23 Soup Raw Veggies / Crackers Dessert Milk	Spaghetti w/ Meat Sauce 24 Green Beans Garlic Stick / Fruit Milk	Sausage & Cheese 25 Wrap Celery sticks / Carrots Chips / Dessert Milk	Bean/Cheese 26 Chalupa Spanish Rice Salad / Fruit Milk

