



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



All menu items are offered with a selection of fresh fruits and vegetables and a variety of milk. (V) denotes our daily vegetarian option.

8

Bacon Cheeseburger/ Bacon Burger
with fries
Arroz con Pollo
Served w/
Seasonal fruit or veggies
White, Chocolate or Strawberry Milk

9

Chicken Alfredo w/ breadsticks
Bean and Cheese burritos
Served w/
Seasonal fruit and veggies
white, chocolate, strawberry milk

10

Tacos
Hot dogs w/ fries
Served with
Seasonal fruit or veggies
white, chocolate, strawberry milk

11

Chicken sandwich
Fajitas w/ rice
Served with
Seasonal fruit or veggies
white, chocolate, strawberry milk

12

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16

Green Chile Quesadilla
Breakfast for Lunch:
Waffles & Bacon
Served with
Seasonal fruit or veggies
White, Strawberry, or Chocolate milk

17

Pizza
Grilled Ham & cheese Sandwich
Served with
Seasonal fruits or Veggies
white, chocolate, strawberry milk

18

Corn dogs with fries
Fiesta bowl
Served with
Seasonal fruit or veggies
white, chocolate, or strawberry milk

19

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22

Chicken Fried Rice
Mozzarella Stuffed breadsticks
Served with
Seasonal fruit or veggies
White, Chocolate or Strawberry milk

23

Bacon Cheeseburger with Fries
Bean tostadas
Served with
Seasonal fruits or Veggies
White, chocolate, Strawberry milk

24

Chef Salad
Pizza
Served with
Seasonal fruit or veggies
White, Chocolate, Strawberry Milk

25

Beef Mac and Cheese
Crispy Chicken Sandwich
Served with
Seasonal fruit or veggies
white, strawberry or chocolate milk

26

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29

Meatball sub
Corn dogs w/ fries
Served with
Seasonal fruits and veggies
white, chocolate, strawberry milk

30

Breakfast for lunch:
Biscuits and Gravy
Pizza
Served with
Seasonal fruit or veggies
white, chocolate, strawberry milk

31

Hot dog and fries
Fiesta Bowl
Served with
Seasonal fruit or veggies
White, strawberry or chocolate milk

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Make Family Meal Times a Priority

Sometimes, a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family mealtimes. Eating and talking together helps to:

- Foster family unity
- Prevent behavior problems at home and school
- Enhance academic success
- Improve nutrition
- Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family mealtimes each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

Source: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>.

Fresh Pick Recipe

BAKED BLUEBERRY & PEACH OATMEAL (SERVES 9)

- 3 cups old-fashioned oats
- 1/2 cup packed brown sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 2 egg whites
- 1 egg
- 1-1/4 cups fat-free milk
- 1/4 cup canola oil
- 1 tsp. vanilla extract
- 1 can (15 ounces) sliced peaches in juice, drained and chopped
- 1 cup fresh or frozen blueberries
- 1/3 cup chopped walnuts
- Additional fat-free milk, optional

1. In a large bowl, combine the oats, brown sugar, baking powder and salt. Whisk the egg whites, egg, milk, oil and vanilla; add to dry ingredients and stir until blended. Let stand for 5 minutes. Stir in peaches and blueberries.
2. Transfer to an 11x7-inch baking dish coated with cooking spray. Sprinkle with walnuts. Bake, uncovered, at 350° for 35-40 minutes or until top is lightly browned and a thermometer reads 160°. Serve with additional milk if desired.

NUTRITION FACTS:
277 calories, 11g fat,
263mg sodium, 3g fiber

Breakfast pizza

Cereal

served with

Breakfast Bowl

Cereal

served with

Sausage, Egg & Cheese Sandwich

Cereal

Served with Seasonal fruit or cheese stick

Churros

cereal

Served with

Donuts cereal
Served with Seasonal fruit or cheese stick
white, chocolate or strawberry milk

Mini waffles

Cereal

served with

Ham & Cheese Biscuit

Cereal

Served with Seasonal fruit or cheese stick
White, chocolate, or strawberry milk

Mini French toast

Cereal

Served with

Seasonal fruit or cheese stick
white, chocolate, strawberry milk

Breakfast Taco

cereal

Served with

Seasonal fruit or Cheese stick
White, chocolate or strawberry milk

Chorizo Burrito

Cereal

Served with

Seasonal fruit or cheese stick
white, chocolate or strawberry milk

Pancake Wrap

cereal

Served with

Seasonal fruit or cheese stick
White, chocolate, strawberry milk

Omelet and toast

cereal

Served with

seasonal fruit or cheese stick
white, chocolate, strawberry milk

French toast bites

Cereal

Served with

seasonal fruit or cheese stick
White, chocolate, strawberry milk

Donut

Cereal

Served with

Seasonal fruit or cheese stick
White, chocolate or strawberry milk

