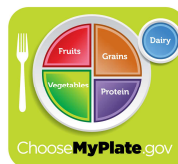


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Riblet Corn on the Cob Green Salad Ice Cream Assorted Milk <span style="float: right;">2</span>	Italian Chicken w/Rice Green Salad Green Beans  Jello Assorted Milk <span style="float: right;">3</span>	Crisпитos Green Salad Refried Beans  Cake Assorted Milk <span style="float: right;">4</span>	BBQ Chicken Breast Potato Salad Ranch Style Beans  Ice Cream Assorted Milk <span style="float: right;">5</span>	Assorted Sandwiches Carrots/ Celery Chips  Mixed Fruit Assorted Milk <span style="float: right;">6</span>
Roasted Chicken Green Salad Mashed Potatoes / Gravy  Frozen Fruit Bars Assorted Milk <span style="float: right;">9</span>	Spaghetti w/Meat Sauce Green Salad Green Beans  No Bake Cookies Assorted Milk <span style="float: right;">10</span>	Chicken Fajitas Spanish Rice\ Refried Beans Green Salad Ice Cream Assorted Milk <span style="float: right;">11</span>	Turkey Subs w/ fixings Tater Tots  Cobbler  Assorted Milk <span style="float: right;">12</span>	Assorted Pizza Green Salad  Ice Cream Sandwiches  Assorted Milk <span style="float: right;">13</span>
<b>MARTIN LUTHER KING DAY</b> No school <span style="float: right;">16</span>	Philly Cheese Steak Sandwich Green Salad Oven Potatoes  Cake Assorted Milk <span style="float: right;">17</span>	Beef Nachos Mexican Beans Green Salad  Popcicles Assorted Milk <span style="float: right;">18</span>	Beef Vegetable Soup Green Salad Crackers  Jello Assorted Milk <span style="float: right;">19</span>	Chicken Nuggets Mashed Potatoes w/ Gravy Green Salad  Ice Cream Assorted Milk <span style="float: right;">20</span>
Homemade Chicken Noodle Soup Green Salad  Brownies Assorted Milk <span style="float: right;">23</span>	Meat Loaf Mashed Potatoes Green Salad  Jello Assorted Milk <span style="float: right;">24</span>	Crispy Tacos Corn Green Salad  Ice Cream Sandwiches Assorted <span style="float: right;">25</span>	Chicken Fried Steak Fingers Mashed Potatoes W/Gravy Peas  Cake Assorted Milk <span style="float: right;">26</span>	Chili Cheese Dogs Tater Tots Green Salad  Frozen Fruit Bars Assorted Milk <span style="float: right;">27</span>
Mini Corndogs Vegetarian Beans Green Salad  Rice Crispy Treats Assorted Milk <span style="float: right;">30</span>	Pork Roast Green Beans AuGratin Potatoes  Cake Assorted Milk <span style="float: right;">31</span>	<div style="border: 1px solid black; padding: 10px;"> <p><b>School Information:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </div>		

### NUTRITION TIP: Stay Active

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



### School Information:

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