



Monday

Tuesday

Wednesday

Thursday

Friday

**Milk is served with Lunch Every Day!**

		1 BBQ Pork Sandwich Sweet Potatoes Peaches	2 Chicken & Rice Bake Steamed Veggies Fruit Mix	3 Chicken Fillet Sandwich Baked Beans Cherry Cobbler
6 Hamburger on Bun Potato Wedges Applesauce	7 Chicken Nuggets Steamed Broccoli Roll Strawberries	8 Pizza Tossed Salad Baked Apples	9 Salisbury Steak Mashed Potatoes Roll Fruit Cup	10 Sub Sandwich Breaded Squash Sliced Peaches
13 Steak Nuggets Broccoli Roll Peaches	14 Beef & Macaroni Vegetarian Beans Peaches	15 Baked Ham Breaded Okra Roll Apple Cobbler	16 Chicken & Rice Bake Squash Fruit Mix	17 Sub Sandwich Potato Wedges Baked Apples
20 Hot Ham & Cheese Veggie Beans Peaches	21 Chicken Nuggets Roll Tossed Salad Vegetarian Beans Peaches	22 Salisbury Steak Squash Roll Peaches	23 Chicken & Rice Bake Steamed Broccoli Strawberries	24 Baked Ham Sweet Potatoes Roll Apple Cobbler
27 Chicken Fillet Sandwich Black Eyed Peas Broccoli Peaches	28 Pizza Steamed Broccoli Fruit Cup	29 Salisbury Steak Tossed Salad, Roll Sweet Potatoes Peaches	<p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, gender (male or female), age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>	



**FAMILIES MAKING THE CONNECTION**

**Refocus Your Refrigerator**

**More Matters.** Put fruits and veggies front and center and ready-to-eat. Cut up a variety of produce when you get back from the store or market. Perfect for easy, smart snacking!

**Delicious Dairy.** Stock up on 1% or fat-free milk, low-fat or fat-free yogurt and low-fat cheese.

**Powerful Proteins.** Choose fish, skinless chicken breasts, lean ground turkey, lean deli meats or lean cuts of beef or pork.

**Flavor Savors.** Keep on hand low-fat or fat-free varieties of dressings. Kick up the flavor with other low-fat options, like salsa, mustard or horseradish. Give hummus a try.