



Veggie of the Month: Collards: Collards have been around for thousands of years, since the Ancient Greeks. They are one of the **world's healthiest vegetables**. Eating collards can help keep you from getting sick.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

2

BBQ OR CHICKEN SANDWICH
TATER TOTS
LETTUCE/ CHERRY TOMATO
BAKED BEANS
FROZEN JUICE BAR
MILK

4

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
ORANGE SLICES
HOMEMADE ROLL
MILK

5

CHEESEBURGER
WAFFLE FRIES
FRESH BROCCOLI W/ DIP
BURGER SALAD
RAISELS
MILK

6

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
BABY CARROTS W/ DIP
FRESH APPLE
MILK

9

OVEN FRIED CHICKEN
OR FISH STICKS
BLACK EYED PEAS
STEAMED CORN
ORANGE SLICES
MAC N' CHEESE
MILK

10

BEEF OR CHICKEN
CRUNCHY TACOS
REFRIED BEANS
LETTUCE/ TOMATO
STEAMED GREENS
RAISELS
MILK

11

CHICKEN NUGGETS
MASHED POTATOES
CHEESY BROCCOLI
FRESH ORANGE
HOMEMADE ROLL
MILK

12

CHEESEBURGER OR
BBQ SANDWICH
TATER TOTS
BURGER SALAD
STRAWBERRY CUP
MILK

13

PEPPERONI PIZZA OR
CHEESE STICKS
COOKED CARROTS
GREEN BEANS
ROSY APPLESAUCE
MILK

16



BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
BABY CARROTS W/ DIP
WATERMELON CUPS
MILK

17

CHEESEBURGER OR
BBQ SANDWICH
WAFFLE FRIES
FRESH BROCCOLI W/ DIP
RAISELS
MILK

18

CHICKEN SPAGHETTI OR
CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
ORANGE SLICES
HOMEMADE ROLL
MILK

19

PEPPERONI PIZZA
OR CHEESE STICKS
SEASONED SQUASH
GREEN PEAS
FRESH BANANA
MILK

23

MEATBALL SUB OR HOTDOG
BABY CARROTS W/ DIP
STEAMED CORN
ORANGE SLICES
REDUCED FAT CHIPS
MILK

24

BEEF OR CHICKEN
CRUNCHY TACOS
REFRIED BEANS
LETTUCE/ TOMATO
WATERMELON CUP
MILK

25

CHEESEBURGER
WAFFLE FRIES
BURGER SALAD
BAKED BEANS
RAISELS
MILK

26

CHICKEN NUGGETS
MASHED POTATOES
GREEN BEANS
FRESH BANANA
HOMEMADE ROLL
MILK

27

BEEF VEGETABLE SOUP
GRILLED CHEESE SANDWICH
COOKED CARROTS
CHEESY BROCCOLI
FRESH APPLE
MILK

30

BBQ OR CHICKEN SANDWICH
BABY CARROTS W/ DIP
BLACK EYED PEAS
REDUCED FAT CHIPS
PINEAPPLE
MILK

31

BEEF OR CHICKEN
CHEESY NACHOS
REFRIED BEANS
GARDEN SALAD
FROZEN JUICE BAR
MILK

