
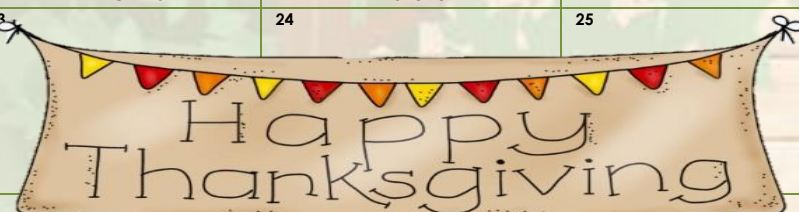


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change without notice.	1 Beef Tacos Chicken Parmesan Carrots Fruit Breakfast Bar	2 Hot Dog Sweet n Sour Chicken Broccoli Fruit Cereal	3 Cheeseburger Nachos Refried Beans Fruit Yogurt	4
7 Corn Dog Spaghetti w/ Meatsauce Green Beans Fruit Mini Bagel	8 Italian Dunkers Orange Chicken Carrots Fruit Poptart	9 Baked Penne Pasta Crispy Chicken Sandwich Potato Wedges Fruit Breakfast Pizza	10 Popcorn Chicken Chicken Alfredo Broccoli Fruit Cereal	11 
14 Macaroni & Cheese Sweet n Sour Chicken Carrots Fruit Bagel with Cream Cheese	15 Beefy Rotini Teriyaki Chicken Green Beans Fruit Scrambled egg with Toast	16 Nachos BBQ Chicken Sandwich Peas Fruit Mini Cinnis	17 Cheeseburger Chilaquiles Carrot Fruit Mollette	18
21 Beef Tacos Orange Chicken Green Beans Fruit Breakfast Pizza	22 Thanksgiving Meal Chicken Nuggets Mashed Potatoes Fruit Cereal	23 	24	25
28 Chicken Glazed Drumstick Italian Dunkers Carrot Fruit Chorizo w/ Potato	29 Nachos Chicken Alfredo Refried Beans Fruit Frudel	29 Orange Chicken Hot Dog Green Beans Fruit Mini Bagels	WE OFFER FAT FREE, 1% OR CHOCOLATE MILK WITH ALL MEALS	Students Must Select 3 out of the 5 Meal Components. One Of The 3 Components Selected, MUST Be Fruit or Vegetable.

USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.



These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

Nutritional information is available at the food service office.

*Indicates pork product



"This institution is an equal opportunity provider."

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One Of The 3 Components Selected, **MUST** Be Fruit or Vegetable.

