



Daily Choices Include:

1% White Milk or Non Fat Milk
Main Entrée, Pizza, Yogurt Meal,
Or PB&J Uncrustable Sandwich



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

CHICKEN TACO NACHOS 1
Nachos de Pollo
Pinto Beans
Fresh Salsa
Fruit

GRILLED CHEESE SANDWICH 2
Sandwich de Queso
Spinach Salad
Baby Carrots
Fruit

POPCORN CHICKEN WRAP 3
Envoltura de Tortilla con Pollo
Lettuce & Tomato
Celery Sticks
Fruit

GRILLED CHICKEN SANDWICH 6
Sandwich de Pollo
Sweet Potato Fries
Celery Sticks
Fruit

SPAGHETTI & MEATBALLS 7
Espagueti con Carne
Bread Stick
Garden Salad
Baby Carrots
Fruit

CHEESY NACHOS 8
Nachos con Queso
Tortilla Chips
Refried Beans
Zesty Jicama
Fruit

PHILLY STEAK SANDWICH 9
Sandwich de Res estilo Philly
Three Bean Salad
Zucchini Sticks
Fruit

FISH N' CHIPS 10
Pescado con papitas
Baked Fries
Cabbage Coleslaw
Fruit

POPCORN CHICKEN 13
Trocitos de Pollo
Sliced Carrots
Celery Sticks
Dinner Roll
Fruit

BEEF TACO NACHOS 14
Nachos de carne
Pinto Beans
Fresh Salsa
Fruit

BRUNCH FOR LUNCH 15
Desayuno Para Almuerzo
Pork Sausage Sandwich
Hash Brown
Celery Sticks
Fruit and Juice

BEAN & CHEESE BURRITO 16
Burrito de frijoles con queso
Garden Salad
Fresh Salsa
Fruit

BUSD GRINDER 17
Sandwich Grinder
Lettuce & Tomato
Zesty Jicama
Fruit
Holiday Cookie

CORN DOG 20
Perro Caliente Empanizado
Carrot Sticks
Vegetarian Beans
Fruit

BEEF SOFT TACO 21
Taco suave de res
Refried Beans
Fresh Salsa
Fruit

BREADED CHICKEN DRUMSTICK 22
Pierna de Pollo Empanizado
Bread Roll
Mashed Potatoes
Spinach Salad
Fruit

CHILE VERDE TAMALES 23
Tamales con Chile Verde
Spanish Rice
Hot Corn
Zesty Jicama
Fruit

CHEESEBURGER 24
Hamburguesa con Queso
Baked Sweet Potato Fries
Lettuce & Tomato
Fruit

RIB-B-QUE SANDWICH 27
Costilla Sobre Pan
Green Beans
Baby Carrots
Fruit

POPCORN CHICKEN 28
Trocitos de Pollo
Sliced Carrots
Celery Sticks
Dinner Roll
Fruit

TURKEY & GRAVY 29
Pavo con Gravy
Bread Stick
Mashed Potatoes
Garden Salad
Fruit

PORK CARNITAS TACOS 30
Taco Suave de Puerco
Pinto Beans
Fresh Salsa
Fruit

CHILI CHEESE FRIES 31
Papas con Chile
Corn Bread
Potato Wedges
Cool Cucumbers
Fruit