



Fruit of the Month: Strawberries

Strawberries are the only fruit that wear their seeds on the outside. They are a member of the rose family. California produces 80% of strawberries for the USA.



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



CHEESEBURGER OR CORNDOG
WAFFLE FRIES
BAKED BEANS
RAISELS
MILK

OVEN FRIED CHICKEN OR CHICKEN NUGGETS
MASHED POTATOES
STEAMED SPINACH
ROSY APPLESAUCE
HOMEMADE ROLL
MILK

PEPPERONI PIZZA OR CHEESE STICKS
SEASONED SQUASH
GREEN BEANS
STRAWBERRY CUPS
MILK

OVEN FRIED CHICKEN OR FISH STICKS
CHEESY BROCCOLI
SWEET POTATOES
ORANGE SLICES
COOKIE
MILK

FRITO PIE OR CORNDOG
STEAMED CORN
GARDEN SALAD
STRAWBERRIES
MILK

CHEESEBURGER
WAFFLE FRIES
BAKED BEANS
RAISELS
MILK

CHICKEN NUGGETS
MASHED POTATOES
STEAMED SPINACH
FRESH APPLE
HOMEMADE ROLL
MILK

PEPPERONI PIZZA
BABY CARROTS W/ DIP
GREEN BEANS
WATERMELON CUPS
MILK

CHICKEN NUGGETS
MASHED POTATOES
GREEN PEAS
FRESH ORANGE
HOMEMADE ROLL
MILK

BEEF OR CHICKEN
CHEESY NACHOS
PINTO BEANS
GARDEN SALAD
PINEAPPLE
MILK

CHEESEBURGER
TATER TOTS
BAKED BEANS
RAISELS
MILK

MEATBALL SUB OR HOTDOG
BABY CARROTS W/ DIP
STEAMED CORN
BANANA
BAKED CHIPS
MILK

PEPPERONI PIZZA OR CHEESE STICKS
FRESH BROCCOLI W/ DIP
GREEN BEANS
RIPS
MILK

ASIAN CHICKEN W/ RICE OR CORNDOG
GREEN BEANS
COOKED CARROTS
ORANGE SLICES
MILK

BEEF OR CHICKEN
CRUNCHY TACOS
REFRIED BEANS
BABY CARROTS W/ DIP
WATERMELON CUPS
MILK

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

CHICKEN NUGGETS
MASHED POTATOES
CALIFORNIA VEGGIES
FRESH ORANGE
HOMEMADE ROLL
MILK

PEPPERONI PIZZA OR CHEESE STICKS
SEASONED SQUASH
GREEN PEAS
BANANA
MILK

GRILLED CHEESE & YOGURT
BAKED CHIPS
COOKED CARROTS
STEAMED SPINACH
PINEAPPLE
MILK

BBQ SANDWICH OR CHICKEN SANDWICH
TATER TOTS
BAKED BEANS
RIPS
MILK

