



### Breakfast & Lunch



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

#### MONDAY

3

Break: Piggie stick  
Lunch: Orange  
Chicken w/ rice  
Alt: Pizza

#### TUESDAY

4

Break: Rasp flip  
Lunch: Soft Taco  
Alt: Pizza

#### WEDNESDAY

5

Break: Ban. bread  
Lunch: Bbq ribs  
Alt: Pizza

#### THURSDAY

6

Break: Goody donut  
Lunch: Pasta w/  
Meat sauce & breadstick  
Alt: Pizza

#### FRIDAY

7

Break: Funnel cake  
Lunch: Bacon  
Cheeseburger  
Alt: Pizza

Break: Mini cinni  
Lunch: Ham & cheese  
Flatbread  
Alt: Chicken patty

10

**Break: Apple flip**  
**Lunch: Crazy dipper**  
**Day**  
**Alt: Chicken patty**

11

Break: Zucc bread  
Lunch: Hot dog  
Alt: Chicken patty

12

Break: Dunkin stick  
Lunch: Lasagna w/  
Breadstick  
Alt; chicken patty

13

Break: Iced donut  
Lunch: Pizza  
Alt; Chicken patty

14

No  
School

17

**Break: Rasp flip**  
Lunch: Nacho Grande  
Alt: Burger

18

Break: Choc bread  
Lunch: Chicken nuggets  
w/ mashed potatoes  
Alt: Burger

19

Break: Goody donut  
**Lunch: hamburger helper**  
**Mac & cheese**  
**Alt: Burger**

20

Break: Funnel cake  
Lunch: Pizza  
Alt: Burger

21

Break: Piggie stick  
**Lunch: Corn dog**  
**Alt: Pizza**

24

Break: Apple flip  
Lunch: Walking taco  
Alt: Pizza

25

Break: Ban. Bread  
Lunch: Turkey hoagie  
Alt: Pizza

26

**Break: Cin. Toast past**  
Lunch: Stuffed shells  
Alt: Pizza

27

Break: Iced donut  
Lunch: Bacon Ch.burger  
Alt: Pizza

28

**Break: Mini cinni**  
**Lunch: popcorn chicken**  
Mashed potato  
Alt: Chicken patty

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