



**School Information:**



**Nutrition Tip:**

**My plate recommends: Get started cooking more often at Home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up cooking more often.**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

6  
BLACK BEAN SOUP W/  
DICED ONION, TOMATOES  
AND RED PEPPER  
ZUCCHINI  
FRESH FRUIT SALAD  
RICE  
MILK

7  
BEEF STEW W/ CARROT,  
PEAS, POTATOES, ONION,  
RED PEPPER AND CELERY  
SALAD COL W/ DICED  
TOMATOES  
FRESH FRUIT SALAD  
WHITE RICE  
MILK

8  
TURKEY SANDWICH W/  
SLICED CHEESE  
LETTUCE, TOMATOES AND  
CUCUMBER  
FRESH FRUIT SALAD  
BAKED FRENCH FRIES W/  
KETCHUP  
MILK

9  
GRILLED CHICKEN  
GREEN BEAN  
FRESH FRUIT SALAD  
BEAN AND RICE  
MILK

10  
CHICPEAS STEW, W/ DICED  
CARROT, CELERY, ONION AND  
RED PEPPER  
PLAINTAINS MADURO  
FRESH FRUIT SALAD  
WHITE RICE  
MILK

13  
BLACK BEANS SOUP W/  
DICED ONION, RED  
PEPPER AND TOMATOES  
MIXED VEGETABLES  
FRESH FRUIT SALAD  
RICE  
MILK

14  
CHICKEN QUESADILLA W/  
CHEESE  
RADISH LETTUCE  
DICED TOMATOES, GREEN  
PEPPER AND ONION W/ SOUR  
CREAM  
FRESH FRUIT SALAD  
FLOUR TORTILLA  
MILK

15  
CHEESE PIZZA  
CORN AND CAULIFLOWER  
FRESH FRUIT SALAD  
WG CRUST  
MILK

16  
MEATBALL W/ SPAGHETTI  
BROCCOLI  
FRESH FRUIT SALAD  
SPAGHETTI  
MILK

17  
ROASTED VEGETABLES PASTA  
WITH SQUASH, CARROT,  
MUSHROOM, GREEN ONION,  
RED PEPPER, GREEN PEPPER,  
CHEERY TOMATOES AND  
PARMESAN CHEESE  
FRESH FRUIT SALAD  
PENNE PASTA  
MILK

20  
BLACK BEAN SOUP W/ DICED  
ONION, RED PEPPER AND  
CARROT  
SQUASH  
FRESH FRUIT SALAD  
WHITE RICE  
MILK

21  
MACARONI & CHEESE WITH DICED  
HOT DOG  
CARROT AND GREEN PEAS  
FRESH FRUIT SALAD  
MACARONI PASTA  
MILK

22  
TAQUITO DE FRIJOLAS AND  
CHEESE  
RADISH LETTUCE, DICED  
TOMATOES, ONION AND GREEN  
PEPPER AND SOUR  
CREAM  
FRESH FRUIT SALAD  
CORN TORTILLA  
MILK

23  
BEEF-A-RONI WITH PASTA  
BROCCOLI  
FRESH FRUIT SALAD  
SPAGHETY PASTA  
MILK

24  
FISH STICKS WITH KETCHUP  
CORN AND CAULIFLOWER  
FRESH FRUIT SALAD  
MASHED POTATOES  
MILK

27  
BLACK BEANS SOUP W/  
DICED ONION, RED  
PEPPER  
SQUASH AND CARROT  
FRESH FRUIT SALAD  
WHITE RICE  
MILK

28  
CREAMY CHICKEN PASTA WITH  
EGGNOODLES W/ MIXED PEPPER,  
CARROT AND ONIO  
FRESH FRUIT SALAD  
ROASTED RED POTATOES  
EGGNOODLES  
MILK

29  
CHEESE PIZZA  
CAULIFLOWER AND CORN  
FRESH FRUIT SALAD  
PIZZA BREAD  
MILK

30  
TUNA SANDWICH WITH  
SLICED CUCUMBER,  
TOMATOES, LETTUCE  
AND CHEESE  
FRESH FRUIT SALAD  
FRENCH FRIES W/  
KETCHUP  
MILK