

Kids do as you do. Be a role model and eat healthy yourself. When trying to teach good eating habits, try to set the best example possible. Choose nutritious snacks, eat at the table, and don't skip meals.

Menu Information: (##) denotes carb counts in serving size for that menu item will include any items that is always served together. Chef Salad is served each day w/ 1 slice Homemade WG Bread - Yogurt/Cheese is served each day w/ 1 slice Homemade WG Bread

Monday

Fruit/Vegetable Bar and Milk served with every meal. Full meal price \$2.60 Extra entree \$2.00 (needs to be ordered when lunch count is taken)

Chicken Strips(16) **6**
w/HMD Bread(16) or
Tuna Salad Sandwich(33) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)
Broccoli w/Cheese(5)

Blue Valley Brand **13**
Hot Dog on Bun (25) or
Chicken Wrap (24) or
Chef Salad(18)Crackers(10) or
Yogurt/Cheese(38)Granola(7)
Baked Beans (29)

Crispy Chicken on Bun (45)or **20**
Ham & Cheese Flatbread(28)or
Chef Salad(38)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Sweet Potato Bites (17)

Pulled Pork on Bun (31) or **27**
Turkey & Cheese Flatbread(27)or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Corn(16)

Tuesday

Would you like to join your child for lunch? We'd love to have you. Please call the office by 9 am to be included in our daily lunch count. Adult meals cost \$3.50. What a bargain!!

Cheeseburger on Bun (33)or **7**
Chicken Salad Sandwich(36) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Cowboy Beans(23)

HMD Beef Pizza(36) or **14**
Tuna Salad Sandwich(33) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Corn(16)

Sausage Patty (0) **21**
w/Pancakes(27)&Syrup(30) or
Turkey Sandwich(33) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Tater Tots (20)

Cheeseburger on Bun(33) or **28**
Chicken Salad Sandwich(36) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)
Seasoned French Fries(25)

Wednesday

Sweet & Sour Chicken(13) **1**
w/Seasoned Rice(24) or
PBJ Sandwich(35) or
Chef Salad(18)Crackers(10)or
Yogurt/Cheese(38)Granola(7)
Fresh Veggies

Oven Fried Chicken(11) **8**
w/HMD Bread(16) or
Ham & Cheese Wrap (23)or
Chef Salad(18)Crackers(10)or
Yogurt/Cheese(38)Granola(7)
Mashed Potatoes(20)Gravy(4)

Chicken Tetrazinni(25) **15**
w/HMD Bread(16) or
Hoagie Sandwich(36) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Green Beans(4)

Macho Nacho(24) or **22**
PBJ Sandwich(35) or
Chef Salad(18)Crackers(10) or
Yogurt/Cheese(38)Granola(7)
Refried Beans(23)

Thursday

Breaded Pork Cutlet (11) **2**
w/HMD Bread(16) or
Chicken Salad Sandwich(36) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Mashed Potatoes(20)Gravy(4)

Meatball Sub (32) or **9**
PBJ Sandwich(35) or
Chef Salad(18)Crackers (10) or
Yogurt/Cheese(38)Granola(7)
Carrots (4)

Turkey Wrap (27) or **16**
PBJ Sandwich(35) or
Chef Salad(18)Crackers(10) or
Yogurt/Cheese(38)Granola(7)
Tomato Soup(17) Crackers(7ea pk)

Popcorn Chicken (13) **23**
w/HMD Bread(16) or
Tuna Salad Sandwich(33) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)
Corn(16)

Friday

NO SCHOOL **3**
PRE-K TO 6TH GRADE
TEACHER COLLABERATION DAY

Fun Shaped Fish Sticks(13) **10**
w/Breadstick(17) or
Turkey Sandwich(33)or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)
Green Peas (11)

NO SCHOOL **17**
WINTER BREAK

Chili (16)w/Crackers (7 ea pk) **24**
HMD Cinnamon Roll(40) or
Hoagie Sandwich(36) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)
Fresh Veggies



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