



**Keys to Character: Compassion**  
Feeling for another person's sorrow or hardship.



**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 Bites  
Turkey & Cheese Sandwich **1**  
Corn  
Baked Beans  
Spiced Fruit  
Milk

Korean BBQ Tacos **2**  
Ham & Cheese Sandwich  
Asian Slaw  
Sweet Potato Fries  
Fresh Fruit  
Milk

Pizza **3**  
Yogurt Snacker  
Green Beans  
Popeye Salad  
Applesauce  
Milk

Chicken Drumsticks **6**  
Yellow Rice  
PB&J Uncrustable  
Steamed Carrots  
Broccoli Salad  
Chilled Fruit  
Milk

Chicken Soft Taco **7**  
Yogurt Snacker  
Romaine & Tomato  
Chips & Salsa  
Fresh Fruit  
Milk

Baked Ziti **8**  
W.G. Breadstick  
Turkey & Cheese Sandwich  
Steamed Cali Blend  
Popeye Salad  
Chilled Fruit  
Milk

Cuban Flatbread **9**  
Ham & Cheese Sandwich  
Seasoned Black Beans  
Fresh Veggie #2  
Fresh Fruit  
Milk

Cheeseburger **10**  
Yogurt Snacker  
Waffle Potato Fries  
Garden Salad  
Frozen Juice Cup  
Milk

Chicken Jambalaya **13**  
PB&J Uncrustable  
Cajun Seasoned Beans  
Garden Salad  
Chilled Fruit  
Milk

White Spaghetti **14**  
W.G. Italian Bread  
Yogurt Snacker  
Steamed Broccoli  
Fresh Veggie #3  
Fresh Fruit  
Milk

Chicken Patty Sandwich **15**  
Turkey & Cheese Sandwich  
Sweet Potato Fries  
Corn on the Cobb  
Spiced Fruit  
Milk

Sloppy Joe Nachos **16**  
Ham & Cheese Sandwich  
Romaine & Tomato  
Fresh Veggie #2  
Fresh Fruit  
Milk

Pizza **17**  
Yogurt Snacker  
Green Beans  
Popeye Salad  
Applesauce  
Milk

**HOLIDAY** **20**

Beef Taco Salad **21**  
Yogurt Snacker  
Lettuce/ Tomato/ Cheese  
Seasoned Pinto Beans  
Fresh Fruit  
Milk

Fish Nugget **22**  
Cole Slaw  
Steamed Carrots  
Chilled Fruit  
Cookie  
Milk

Chicken n' Waffles **23**  
Ham & Cheese Sandwich  
Green Beans  
Fresh Veggie #1  
Fresh Fruit  
Milk

Cheeseburger **24**  
Yogurt Snacker  
Waffle Potato Fries  
Garden Salad  
Frozen Juice Cup  
Milk

Spaghetti **27**  
Whole Grain Breadstick  
PB&J Uncrustable  
Steamed Cali Blend  
Garden Salad  
Chilled Fruit/ Milk

Turkey & Rice **28**  
Whole Wheat Roll  
Yogurt Snacker  
Steamed Broccoli  
Fresh Veggie #3  
Fresh Fruit  
Milk

