



WEST ELEMENTARY



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

Hotdog/PB&J **1**
 French fries
 Bake beans
 Fruit/ milk/water

Beefy nachos/ Ham & cheese sandwich **2**
 Refried beans, Salad
 Fruit/ milk/water

Chicken sandwich **3**
 PB&J
 Corn on cob, broccoli
 Fruit/milk/water

PIZZA or Turkey & cheese sandwich **4**
 Corn, Garden salad
 Fruit/ milk/ water

Chicken Tenders **7**
 PB&J
 Mashed potatoes, Broccoli
 Roll / fruit/ milk

Corndog or Ham & cheese sandwich **8**
 Tater tots, Corn nuggets
 Fruit/milk/water

Spaghetti or Turkey & cheese sandwich **9**
 Green beans, salad, garlic bread. Fruit/milk

Chicken Teriyaki **10**
 PB&J
 Rice, Steamed carrots
 Fruit/milk/water

Pizza or Ham & cheese **11**
 Corn, Garden salad
 Fruit/milk/water

Chicken nuggets **14**
 PB&J
 Mashed potatoes, black-eyed peas, fruit/ milk

Cheeseburger or Turkey & cheese **15**
 French fries, Bake beans
 Fruit/ milk/ water

Breakfast!!!! **16**
 Ham & cheese sandwich
 Fruit/ milk/water

Chicken Fajita or PB&J **17**
 Refried beans, Broccoli
 Fruit/milk/water

Pizza or PB&J **18**
 Garden salad, corn
 Fruit/milk/water

