

## NUTRITION MENU

2022

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**LABOR DAY** **5**  
**NO SCHOOL**

Turkey Tacos **6**  
Refried Beans  
Spanish Rice

Spaghetti **7**  
Meatballs  
WG Garlic Bread

Loaded Baked Potato **1**  
Broccoli  
Chicken or Beef

Beef Stroganoff **2**  
Whole Wheat Garlic Bread

Baked Pork Chop **8**  
Dinner Roll  
Mashed Potato  
Steamed Carrots

BBQ Chicken **9**  
WG Corn Bread  
Brown Rice  
Green Beans

Seasoned Baked Chicken **12**  
Baked Beans  
Steamed Broccoli

Beef Burrito **13**  
Corn  
Fresh Grapes

Chicken Enchiladas **14**  
Spanish Rice  
Black Beans  
Mixed Veggies

Lasagna **15**  
WG Garlic Bread-sticks  
Green Beans

Turkey Burgers **16**  
Sweet Potato Tots

Chicken Bowl **19**  
Zucchini Squash  
Fruit Mix

Beef Fajitas **20**  
Spanish Rice  
Pinto Beans

Pulled BBQ Turkey **21**  
WG Garlic Toast  
Ranch Style Beans

Peppered Steak **22**  
Long grain Rice  
Side Salad

**Native American Day** **23**  
**No School**

Orange Chicken **26**  
Steamed Rice  
Eggroll

Grilled Chicken **27**  
Sandwich  
Sweet Potato Fries

Pork Pozole **28**  
WG Tortilla  
Peaches

Sloppy Joe **29**  
Mixed Veggies  
Potato Wedges

Chicken Alfredo **30**  
Side Salad  
WG Garlic Bread

Served Daily:

Salad Bar | Fruit | Milk | Juice | Water