

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>School Information: FRUIT IS SERVED DAILY FOR BREAKFAST AND LUNCH</p> </div>		CHICKEN PATTY ON A B 1 OVEN FRIES MAYO/CATSUP PEACHES MILK	CHICKEN AND NOODLES 2 PEAS WHEAT ROLL PEARS MILK	PIZZA POCKETS 3 CORN FRUIT MILK
CHICKEN NUGGETS 6 GREEN BEANS SLICED BREAD PEARS MILK	CHILI DOG 7 TATOR TOTS MUST./CATSUP MANDARIN ORANGES COOKIE MILK	TURKEY & CHEESE SAND 8 CHIPS PICKLES/MAYO TROPICAL FRUIT MILK	COOKS CHOICE 9 MASHED POTATOES BROWN GRAVY MIXED FRUIT MILK	NO SCHOOL 10 PROFESSIONAL DAY
HAMBURGER 13 OVEN POTATOES MUSTARD /CATSUP PICKLES APPLESAUCE MILK	TACO SALAD W CHEESE 14 CORN PINEAPPLE AND MILK	GRILLED CHEESE 15 VEG. BEANS PICKLES SPEAR PEARS MILK	BEEFY NOODLES 16 CARROTS WHEAT ROLL PEACHES MILK	MAXX STIX 17 DIPPING SAUCE SALAD W RANCH ½ APPLE MILK
NO SCHOOL 20 PRESIDENTS DAY SNOW DAY	CRISPITO W CHEESE 21 PINTO BEANS PINEAPPLE MILK COOKIE	CHICKEN NUGGETS 22 OVEN POTATO CATSUP SLICED BREAD BAKED APPLES MILK	MAC AND CHEESE 23 STEAMED BROCCOLI STRAWBERRIES AND JELLO W/ WHIP TOPPING WHEAT ROLL MILK	ST CR PIZZA 24 GREEN BEANS ½ ORANGE MILK
PBJ 27 STRING CHEESE CARROTS W RANCH ½ APPLE MILK	TACO BURGER 28 CORN APPLE CRISP MILK	MINI CORN DOGS 29 BAKED BEANS MUST/CATSUP PEARS MILK		USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.¹
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.²
- Find vitamin D in fortified low-fat yogurt and other dairy foods.

FOOD SERVICE MANAGER: KIM DAVIS

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