

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>School Information: FRUIT A SERVED DAILY ON SALAD BAR</p> </div>		<p>HOT BEEF SAND 1 MASHED POTATOES AND BROWN GRAVY MIXED FRUIT MILK</p>	<p>CORN CHIP PIE W CHEESE 2 LETTUCE SALSA PINEAPPLE CAKE MILK</p>	<p>ST CR PIZZA 3 CORN FRUIT MILK</p>
<p>CHICKEN FAJITA W 6 CHEESE REFRIED BEANS SALSA APPLESAUCE MILK</p>	<p>HOT DOG 7 TATOR TOTS MUST./CATSUP PEACHES MILK</p>	<p>CHICKEN STRIPS 8 MASHED POTATOES GRAVY WHEAT ROLL APPLE MILK</p>	<p>HOT POCKET 9 GREEN BEANS MANDARIN ORANGES MILK COOKIE</p>	<p>NO SCHOOL 10 PROFESSIONAL DAY</p>
<p>HAMBURGER 13 CHIPS PICKLES/LETTUCE PEARS MILK</p>	<p>CORN DOG 14 OVEN FRIES CATSUP/MUSTARD MIXED FRUIT </p>	<p>MAC AND CHEESE 15 GREEN BEANS WHEAT ROLL STRAWBERRIES AND SHORT CAKE MILK</p>	<p>TACO SALAD 16 REFRIED BEANS SALSA APPLESAUCE MILK</p>	<p>MAXX STIX 17 DIPPING SAUCE CORN ½ BANANA MILK</p>
<p>NO SCHOOL 20 PRESIDENTS DAY SNOW DAY</p>	<p>CHICKEN PATTY ON A B 21 TRI TATOR CATSUP/MAYO LETTUCE PINEAPPLE MILK</p>	<p>CHILI 22 CINNAMON ROLLS CRAKERS PEARS MILK</p>	<p>CHICKEN NUGGETS 23 OVEN FRIES CATSUP MIXED FRUIT MILK</p>	<p>ST CR PIZZA 24 PEAS ½ APPLE MILK</p>
<p>CHEESE NACHOS 27 REFRIED BEANS PEACHES MILK</p>	<p>CRISPITO W CHEESE 28 CORN MANDARIN ORANGES MILK</p>	<p>CHICKEN AND NOODLES 29 BROCCOLI AND CHEESE WHEAT ROLL ½ APPLE MILK</p>		

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 EQUAL
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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.

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