



Paris Union School District No. 95



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



Mini Corn Dogs **5**
Steamed Green Beans

BBQ Chicken on Bun **6**
Broccoli with Cheese

Bacon, Egg & Chees **7**
Biscuit
Emoji Potatoes
Sunset Sip Juice

Ham & Cheese Croissant **1**
Sweet Potato Puffs
Cherry Tomatoes

Toasted Ravioli with **2**
Meat Sauce
Steamed Carrots

Sloppy Joe on Bun **12**
Hash Rounds

Tangerine Chicken **13**
Fried Rice with Veggies
Vegetable Egg Roll

Beef Taco Pie **14**
Salsa
Refried Beans

Pork Carnita Bowl **8**
Salsa
Red, White and Blue Cookie

Pizza Calzone **9**
Marinara Sauce
Carrot Slims with Ranch

Shaved Turkey & Cheese **19**
On Pretzel Bun
Steamed Broccoli

Chicken Nuggets **20**
Mac & Cheese
Green Beans

Turkey & Gravy **15**
Whipped Potatoes
Garden Salad
Dinner Roll

Tony's Pizza **16**
California Blend Veggies

BBQ Rib on Bun **26**
French Fries
Carrot Slims

Cheeseburger Meatloaf **27**
Au Gratin Potatoes
Green Peas
Dinner Roll

Chicken Chili Crispito **28**
Salsa
Refried Beans



Chicken Alfredo **29**
Breadstick
Steamed Broccoli

French Bread Pizza
Garden Salad