



School Information: Mayo Middle School



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

Sloppy Joe on Bun
Hash Rounds **1**

Tuesday

Tangerine Chicken
Fried Rice with Veggies
Vegetable Egg Roll **2**

Wednesday

Beef Taco Pie
Salsa
Refried Beans **3**

Thursday

Cheesy Beefy Rotini
Garden Salad **4**

Friday

NO SCHOOL **5**

NO SCHOOL **8**

Chicken Nuggets
Mac & Cheese
Green Beans **9**

Spaghetti & Meat Sauce
Garlic Bread
Golden Corn **10**

Buffalo Chicken Dip
Loco Bread Wedges
Carrot & Celery Slims **11**

Nacho LI Bites
Salsa
Spicy Pinto Beans **12**

BBQ Rib on Bun
French Fries
Carrot Slims **15**

Cheeseburger Deli
Roaster Potatoes
Dinner Roll **16**

Chicken Chili Crispito
Salsa
Refried Beans **17**

Chicken Alfredo
Breadstick
Steamed Broccoli **18**

French Bread Pizza
Garden Salad **19**

Chicken & Noodles
Whipped Potatoes
Breadstick
Steamed Green Beans **22**

Crazy Walking Taco
Spicy Pinto Beans **23**

Meatball Sub
Golden Corn **24**

Chicken Drumstick
Mashed Potatoes
Snickerdoodle Cookie
Carrots **25**

NO SCHOOL **26**

Hamburger
Lettuce & Tomato
Baked Beans **29**

Salisbury Steak
Mashed Potatoes
Green Beans
Bread Slice **30**

Chicken Fingers
Mixed Vegetables
Grapes **31**

