



School Information: METAMORA GRADE 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

QUESADILLA
FIESTA BLACK BEANS
PEARS
MILK

2

Tuesday

A – TENDERLOIN/BUN
B – BBQ RIB/BUN
SPINACH SALAD
PEACH CUP
MILK

3

Wednesday

CHICKEN PATTY/BUN
COOKED CARROTS
PINEAPPLE
MILK

4

Thursday

A – CHEESE BREADSTICK,
MARINARA SAUCE & YOGURT
B – LASAGNA ROLL UP &
BREADSTICK
PEAS
APPLESAUCE
MILK

5

Friday

NO SCHOOL
TEACHERS INSTITUTE

6

NO SCHOOL
COLUMBUS DAY

9

A – MINI CORN DOGS
B – BOSCO PIZZA STICK
TOSSED SALAD WITH DRESSING
APPLESAUCE
MILK

10

CHICKEN SALAD
SANDWICH
BAKED BEANS
PEACHES
MILK

11

A – SLOPPY JO/BUN
B – BEEF BEAN BURRITO
COLESLAW
RAISINS
MILK

12

CHEESE PIZZA
CORN
ORANGE WEDGES
MILK

13

CHICKEN TENDERS
BREADSTICK
CALICO BEANS
PEARS
MILK

16

A – CORN DOG
B – QUESADILLA
BROCCOLI BUDS
PEACHES
MILK

17

SUPER NACHOS, CHEESE
SAUCE, TORTILLA CHIPS
CORN
SPICED APPLES
MILK

18

A – FRENCH BREAD PIZZA
B – MEATBALL SUB
CARROTS WITH DIP
PINEAPPLE
MILK

19

CHICKEN ALFREDO TWIST
BREADSTICK
GREEN BEANS
MANDARIN ORANES
MILK

20

TOASTED RAVIOLIS
CHEESE CUBES
FIESTA BLACK BEANS
BANANAS
MILK

23

A – BBQ CHICKEN/BUN
B – SLOPPY JO/BUN
CHERRY TOMATOES &
CUCUMBERS WITH DIP
APPLESAUCE
MILK

24

SPAGHETTI & MEATBALLS
GARLIC BREAD
SPRING GREENS SALAD WITH
DRESSING
MIXED FRUIT
MILK

25

NO SCHOOL
TEACHER PARENT
CONFERENCES

26

NO SCHOOL
TEACHER PARENT
CONFERENCES

27

CHICKEN NUGGETS
BREAD & MARGARINE CUP
SWEET POTATOES
MIXED FRUIT
MILK

30

A – HOT DOG/BUN
B – HAMBURGER/BUN
POTATO OF THE DAY
STRAWBERRIES & BLUEBERRIES
MILK

31

