



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets **1**
Mashed Potatoes
Roll
Rosy Applesauce
1% Milk

Hot Ham & Cheese Sandwich **2**
Baby Carrots
Pears
1% Milk

Grilled Chic Sandwich **3**
Salad
Peaches
1% Milk

Mini Dogs **4**
Potato Wedges
Pineapple
1% Milk

Chicken Quesadilla **5**
Refried Beans
Mixed Fruit
1% Milk

Beef Fingers **8**
Mashed Potatoes
Rosy Applesauce
1% Milk

BBQ Rib Patty Sandwich **9**
Green Beans
Pears
1% Milk

Pizza **10**
Salad
Mixed Fruit
1% Milk

Ham & Cheese Sandwich **11**
Baby Carrots
Peaches
1% Milk

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**This Institution Is
Equal Opportunity
Provider And
Employer** **17**

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