

Fruitvale Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Homemade Meatloaf Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup or BYSL	2 Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	3 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	4 Chicken Alfredo with Bread Stick or Pizza Tossed Salad Steamed Broccoli Fruit Wiggles	5 Specialty Burger Basket or Chicken Strip Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
8 Chicken Nuggets or Steak Fingers Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup	9 Tacos with Lettuce & Tomato or Taco Salad Homemade Salsa Spanish Rice Charro Beans Pineapple Tidbits	10 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup or BYSL	11 Spaghetti with Meat Sauce and Garlic Toast or Pizza Tossed Salad Seasoned Green Beans Banana Sundae	12 Cheese Burger Basket or Hot Dog Basket with French Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
15 Homemade Salisbury Steak or Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Green Beans Fruit Cup	16 Tacos or Crisпитos Lettuce & Tomato Homemade Salsa Spanish Rice Refried Beans Pineapple Tidbits	17 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup or BYSL	18 Spaganza with Garlic Toast or Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit	19
22 Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	23 Crispy or Soft Tacos Lettuce & Tomato Homemade Salsa Charro Beans Spanish Rice Rainbow Pears	24 Asian Bowl or Popcorn Chicken with Hot Roll Steamed Vegetables Glazed Carrots Fruit Cup	25 Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	26 Sweet & Sassy Chicken Sandwich Basket or Chicken Strip Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

Importance of Staying Fit!



Sometimes watching TV or playing video games sounds a lot more fun than staying active, but see below for the many benefits to physical activity that you can't get staring at a screen.

- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Avoid diseases later in life
- Feel better about yourself
- Decrease your chances of becoming depressed

Every lunch includes a choice of milk and a Salad Bar for Secondary students.



Monday	Tuesday	Wednesday	Thursday	Friday
Biscuits & Gravy or Pancakes with Fruit Topping & Whipped Cream	Scrambled Eggs with Bacon & Toast or Ham & Cheese Croissant	Honey Bun with Sausage Link or Muffin & Yogurt	Breakfast Pizza or Chicken Biscuits	Oatmeal with Toast & Bacon or Pig in a Blanket

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.