

Director of Food & Nutrition

Sharon Kidd | skidd@cdschools.org

Monday	Tuesday	Wednesday	Thursday	Friday
 Eat well, feel great, be amazing.			1 Breakfast Sandwich Tater Tots Fresh Vegetable Mixed Fruit	2 Cheese Pizza Steamed Corn Fresh Vegetable Diced Pears
5 Chicken Nuggets Bread Slice Steamed Green Beans Fresh Vegetable Diced Peaches	6 Chicken Cheesesteak Sub Tater Tots Fresh Vegetable Applesauce	7 Hot Turkey Sandwich Mashed Potatoes Fresh Vegetable 100% Fruit Juice	8 Walking Taco Bread Slice Steamed Broccoli Fresh Vegetable Banana	9 Cheese Lasagna Steamed Carrots Fresh Vegetable Mixed Fruit
12 No School	13 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	14 Breaded Chicken Sandwich Steamed Green Beans Fresh Vegetable Apple Slices	15 Grilled Cheese w/Tomato Soup Baked Vegetarian Beans Fresh Vegetable Mixed Fruit	16 Cheese Pizza Steamed Broccoli Fresh Vegetable Diced Pears
19 Cheeseburger Fries Fresh Vegetable Diced Peaches	20 Chicken Quesadilla Steamed Corn Fresh Vegetable Applesauce	21 Macaroni & Cheese Steamed Carrots Fresh Vegetable 100% Fruit Juice	22 Early Dismissal	23 Cheesy Breadsticks w/Marinara Sauce Baked Beans Fresh Vegetable Mixed Fruit
26 Chicken Nuggets Bread Slice Mashed Potatoes Fresh Vegetable Pineapple Tidbits	27 French Toast Sticks Sausage Patties Tater Tots Fresh Vegetable 100% Fruit Juice	28 Loaded Beef & Cheese Fries Fresh Vegetable Apple Slices	29 Walking Taco Bread Slice Steamed Mixed Veggies Fresh Vegetable Mixed Fruit	30 Cheese Pizza Steamed Carrots Fresh Vegetable Diced Pears
Daily Milk Options: Fat Free White Fat Free Flavored 1% White				