

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mini Corn Dogs 1 Mustard Baked Beans Raw Veggie Sticks Ranch Dressing Rosey Applesauce Milk	Beef Taco 2 Salsa Refried Beans Fresh Fruit Chocolate Chip Cookie Milk	BBQ Chicken 3 Rice Brown Gravy Mixed Vegetables Biscuit Fresh Fruit Milk	Fish Strips 4 Potato Wedges Ketchup Mixed Green Salad Ranch Dressing Fresh Fruit Milk
Chicken Fried Steak 7 Mashed Potatoes Gravy Peas and Carrots Assorted Gelatin Milk	Sloppy Joe on Bun 8 Potato Puffs Ketchup Coleslaw Fresh Fruit Milk	Corn Dog 9 Mustard Baked Beans Carrot & Celery Sticks With Ranch Dressing Diced Pears Milk	Chicken Sandwich 10 Mustard/Mayonnaise Sandwich Salad Cup French Fries Ketchup Strawberry Gelatin Milk	Baked Ham 11 Blackeyed Peas Garden Salad Ranch Dressing Roll Pineapple Tidbits Milk
Chili Dog 14 Potato Wedges Ketchup Confetti Coleslaw Sliced Peaches Milk	Lasagna 15 Green Salad Ranch Dressing Seasoned Corn Italian Bread Stick Pineapple Tidbits Milk	BBQ Chicken 16 Potato Salad Green Beans Biscuit Fresh Fruit Milk	Ham & Cheese Sandwich 17 Mayonnaise/Mustard Sandwich Salad Cup Pretzels Apple Wedges Caramel Topping Milk	Nautical Fish Shapes 18 Ketchup Baked Beans Coleslaw Cornbread Fresh Fruit Milk
Hot Dog on Bun 21 Mustard Baked Beans Raw Veggie Strips Ranch Dressing Sliced Peaches Milk	Taco Salad 22 Mexicali Corn Tortilla Chips Salsa Apple Wedges Caramel Topping Milk	Oven Fried Chicken 23 Mashed Potatoes Brown Gravy Mixed Green Salad Ranch Dressing Bread Basket Sherbet Milk	MANAGER'S CHOICE !!! 24	MANAGER'S CHOICE!!!! 25
MEMORIAL DAY !!!!! 28	MANAGER'S CHOICE 29	MANAGER'S CHOICE 30	MANAGER'S CHOICE 31	

NUTRITION TIP: Hydration Tips for Athletes

- Only a 2% (3-lb loss for a 150-lb athlete) weight loss during exercise can reduce your performance.¹
- When you get thirsty you are already dehydrated. Try to drink every 15 minutes of exercise.²

School Information:

- WHITTEN ELEM. LUNCH MENUS