



Finley, Pine, and Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>Menu Subject to Change Due to Product Availability</p> <p>Variety of Fruits and choices of milk are offered daily</p>
1	2 Orange Chicken/Rice Mixed Vegetables Strawberries in a Cup	3 Turkey Corn Dogs Corn on the cob Watermelon	4 Chicken Burgers Cajun Potatoes Wedges Cantaloupe	5 Big Daddy's Pizza Cucumbers with Ranch Sliced Peaches
8 Chicken Nuggets Tomato Pasta Green Salad/ Strawberries	9 Taco Tuesday Crispy Tacos/Tiger Bites Salsa/Salad Oranges	10 BBQ Chicken Mashed Potatoes Corn bread Watermelon	11 Turkey Hot Dogs Potato Salad Carn/ Cantaloupe	12 Smart Slice Domino's Pizza Cucumbers / Peaches
15 No Classes 	16 Oven Fried Chicken Mashed Potatoes Green Salad/Corn/Peaches	17 Turkey and Cheese Sandwich Doritos Carrotinies /Watermelon	18 Spaghetti Dinner Roll Green Beans/Carrotinies Cantaloupe	19 Cheesy Breadsticks String Cheese Bean Salad Peaches
22 Chicken Alfredo Garlic Bread Green Salad Peaches	23 Carne Asada Taco Pinto Beans Guacamole and Salsa Banderita Salad/Oranges	24 Cheeseburger w lettuce and Tomatoes Oven fries Watermelon	25 Beef Birria Mexican Rice Cárdenas Tortillas Cantaloupe	26 Big Daddy's Pizza Cucumbers/Carrotinies Peaches
29 Chicken Strips Cajun Potato Wedges Strawberries	30 Taco Tuesday Lettuce and Cheese Beans / Carrotinies Oranges	31 Turkey Corn Dogs Steamed Broccoli Watermelon	1 Pozole Cabbage and Lemon Tiger Bites Oranges	2 Smart Slice Domino's Pizza Peaches

Harvest of the Month



BEETS

Healthy Serving Ideas:

Wild blueberry and beet smoothie

- 1 cup frozen wild blueberries
- 1 cup unsweetened soy milk or milk of choice
- 1/2 cup frozen or fresh diced beets
- 1/4 cup rolled oats
- 1/4 cup coconut cream
- 2 teaspoons ground cinnamon
- 1 teaspoon grated ginger

Instructions

Blend all the ingredients together on high until smooth and creamy. Transfer to a glass and top with additional wild blueberries if desired. Enjoy!



Recommended Links

My foods. My fitness. My health.

SuperTracker:

<https://su.pertracker.usda.gov>

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