

Monday

Tuesday

Wednesday

Thursday

Friday



1
Remember that ½ Cup of fruit or veggie is required to be on your tray.
You may give it to a friend.



14
Turkey & Cheese Sandwich
Sun Chips
Baked Beans
Pickle Spear
Applesauce Cup

15
Cheeseburger
French Fries
Lettuce, Tomato & Pickles
Fruit Cup

18
Mac & Cheese
Seasoned Broccoli
Salad
Brownie
Peaches

19
Chicken Mega Minis
Hot Roll
Mashed Potatoes & Gravy
Green Beans
Peaches

20
Chili Cheese Dog
Baked Beans
Cole Slaw
Pears

21
Spaghetti & Meat sauce
Garlic Toast
Spinach Fruit Salad
Fruit Juice

22
Chick'n Fried Steak Sandwich
French Fries
Lettuce, Tomato & Pickles
Fruit Cup

25
Enchilada Taco Bake
Chips & Salsa
Refried Beans
Raspberry Sherbet

26
Chicken Strips
Hot Roll
Mashed Potatoes & Gravy
Green Beans
Pears

27
Walking Nachos
Seasoned Beans
Lettuce & Pico De Gallo
Cinnamon Apples

28
Cheesy Bread Sticks
Marinara Sauce
Salad
Peaches

29
Chicken Breast Sandwich
French Fries
Lettuce, Tomato & Pickles
Fruit Cup

Choice of Milk & Second Options also available.

To make an online payment or to fill out a Free & Reduced Meal form log onto Sequoyah Sylogist (Gradebook/Parent Portal) at

<https://oked.sylogist.com/Sequoyah>