



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Philly Steak & Cheese Sub(33) or: Salad with Turkey Ham & Cheese (20) Potato Wedges(26) Diced Pears(14) 1% White or FF Flavored Milk(19)	Chicken Fries w/ BBQ Sauce and WG Goldfish(33) or: Salad with Turkey, Turkey Ham and Cheese (20) Baked Beans(39) Mixed fruit(17) 1% White or FF Flavored Milk(19)	Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(34) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Cheeseburger Mac w/ WW Dinner Roll(38) or: Salad with Turkey & Cheese (20) Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Pizza Slice(34) Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)
3 640:1064:92 Chicken Fajita Sub on WG Bun(33) or: Salad with Turkey Ham & Cheese (20) Baked Beans(39) Fresh Orange(19) 1% White or FF Flavored Milk(19)	4 719:1216:108 Meat Loaf w/ WW Dinner Roll(25) or: Salad with Turkey, Turkey Ham and Cheese (20) Mashed Potato(22) Mixed fruit(17) 1% White or FF Flavored Milk(19)	5 758:1269:106 Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	6 833:1333:77 Meatballs & Gravy with WW Dinner Roll(22) or: Salad with Turkey & Cheese (20) Baked Green Beans(6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	7 614:1183:74 Pizza Slice(34) Fresh Broccoli & Ranch Dressing(4) Diced Pears(14) 1% White or FF Flavored Milk(19)
10 681:1353:110 Turkey Burger on WW Bun(26) or: Salad with Turkey Ham & Cheese (20) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	11 569:1419:83 Texas Chili w/ Cornbread(41) or: Salad with Turkey, Turkey Ham and Cheese (20) Romaine w/ Dressing(1) Fresh Clementine (9) 1% White or FF Flavored Milk(19)	12 681:1549:85 Chicken & Bean Burrito with WW Tortilla (36) Mexican Pinto Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)	13 463:811:66 Sweet & Sour Chicken over Brown Rice w/WW Dinner Roll(23) or: Salad with Turkey & Cheese (20) Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	14 604:1140:71 Pizza Slice(34) Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)
17 613:1240:80 No School	18 641:868:71 No School	19 679:1208:106 No School	20 651:492:107 No School	21 611:1177:74 No School
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				



Thought for Thought
 Happiness is not a destination. It is a method of life. -
 Burton Hills

Tips & Information

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:650 AvgSod(mg):1154 AvgCarbs(g):87
 "or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****
 This institution is an equal opportunity provider.

