



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Philly Steak & Cheese Sub(33) 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)	WG Pizza Slice(31) Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)
3 640:1064:92	4 719:1216:108	5 758:1269:106	6 833:1333:77	7 497:1111:71
Chicken Fajita Sub on WG Bun(33) Baked Beans(39) Fresh Orange(19) 1% White or FF Flavored Milk(19)	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)	Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) or: Salad with Chicken & Cheese (19) Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	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)	WG Pizza Slice(31) Fresh Broccoli & Ranch Dressing(4) Diced Pears(14) 1% White or FF Flavored Milk(19)
10 681:1353:110	11 569:1419:83	12 681:1549:85	13 463:811:66	14 487:1068:69
Turkey Burger on WW Bun(26) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Texas Chili w/ Combread(41) Romaine w/ Dressing(1) Fresh Clementine (9) 1% White or FF Flavored Milk(19)	Chicken & Bean Burrito with WW Tortilla (36) Mexican Pinto Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Sweet & Sour Chicken over Brown Rice w/WW Dinner Roll(23) Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)
17 613:1240:80	18 641:868:71	19 679:1208:106	20 651:492:107	21 494:1105:71
No School	No School	No School	No School	No School
24	25	26	27	28
No School				
31				



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:627 AvgSod(mg):1140 AvgCarbs(g):86
 "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.

