



Monday

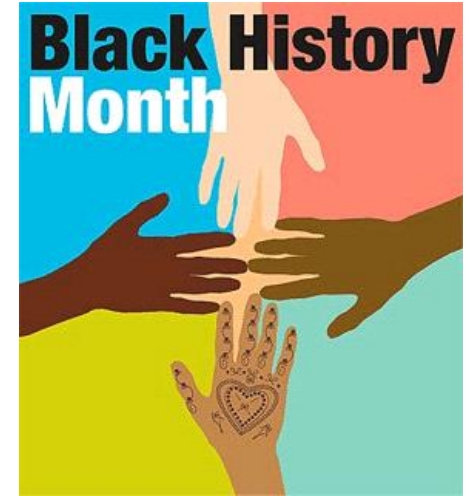
Tuesday

Wednesday

Thursday

Friday

				WG Pizza Slice(31) Romaine w/ Dressing(2) Fresh Orange(19) 1% White or FF Flavored Milk(19)
626:1303:71	626:1303:71	626:1303:71	626:1303:71	626:1303:71 1
Hot Philly Steak & Cheese Sub(33) Potato Wedges(18) 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 (34) Baked Beans(27) Mango Chunks and Juice (25) 1% White or FF Flavored Milk(19)	Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(33) or: Salad with Chicken & Cheese (33) Tossed Salad with Ranch(3) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Cheeseburger Mac w/ WW Dinner Roll(38) or: Salad with Turkey & Cheese (34) Romaine w/ Dressing(2) Fresh Apple(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Baby Carrots w/ Ranch(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)
592:1047:84 4	694:1031:105 5	1082:2025:151 6	949:1583:78 7	610:1344:70 8
Chicken Fajita Sub on WG Bun(33) or: Salad with Turkey Ham & Cheese (34) Baked Beans(27) 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 (34) Mashed Potato(15) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) or: Salad with Chicken & Cheese (33) 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 (34) Baked Green Beans(4) Fresh Apple(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Fresh Broccoli & Ranch Dressing(3) Diced Pears(14) 1% White or FF Flavored Milk(19)
621:1177:99 11	527:1240:73 12	681:1549:85 13	454:811:64 14	599:1310:68 15
No School 18	Texas Chili w/ Cornbread(76) or: Salad with Turkey, Turkey Ham and Cheese (34) Romaine w/ Dressing(2) Fruit mix(17) 1% White or FF Flavored Milk(19)	Chicken & Bean Burrito with WW Tortilla (36) or: Salad with Chicken & Cheese (33) Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Sweet & Sour Chicken over Brown Rice w/WW Dinner Roll(40) or: Salad with Turkey & Cheese (34) Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Baby Carrots w/ Ranch(6) Pineapple Chunks and Juice (23) 1% White or FF Flavored Milk(19)
	1028:1357:115 19	629:1083:98 20	821:492:144 21	645:1338:79 22
Classic Cheeseburger on WW Bun(29) or: Salad with Turkey Ham & Cheese (34) Baked Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Chicken Strips w/ WG Goldfish Crackers(31) or: Salad with Turkey, Turkey Ham and Cheese (34) Diced Potatoes(15) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(108) or: Salad with Chicken & Cheese (33) Tossed Salad with Ranch(3) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken Penne w/ WG Dinner Roll(34) Savory Carrots Coins(7) Diced Pears(14) 1% White or FF Flavored Milk(19)	
747:1513:95 25	548:852:79 26	1111:2264:153 27	533:783:74 28	626:1303:71



Thought for Thought

We are all travellers in the wilderness of this world, and the best we can find in our travels is an honest friend. - Robert Louis Stevenson

Tips & Information

1/31/2019 11:43:47 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:692 AvgSod(mg):1275 AvgCarbs(g):89

"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.

