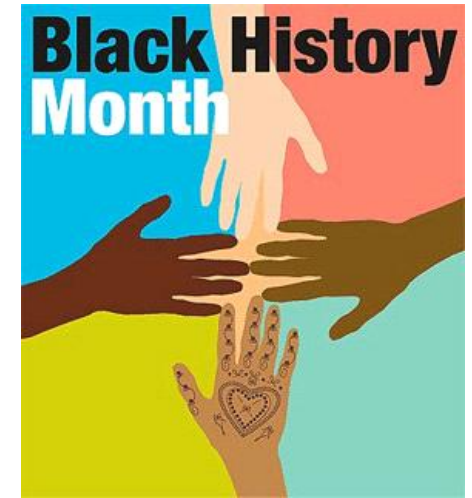




Monday	Tuesday	Wednesday	Thursday	Friday
628:1125:73	628:1125:73	628:1125:73	628:1125:73	Pizza Slice(34)  Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)  628:1125:73 <b>1</b>
Hot Philly Steak & Cheese Sub(33)  Potato Wedges(26) Diced Pears(14) 1% White or FF Flavored Milk(19)  640:1064:92 <b>4</b>	Chicken Fries w/ BBQ Sauce and WG Goldfish(33)  Baked Beans(39) Mango Chunks and Juice (25) 1% White or FF Flavored Milk(19)  755:1206:116 <b>5</b>	Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(64) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)  758:1269:106 <b>6</b>	Cheeseburger Mac w/ WW Dinner Roll(38)  Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)  833:1333:77 <b>7</b>	Pizza Slice(34)  Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)  614:1183:74 <b>8</b>
Chicken Fajita Sub on WG Bun(33)  Baked Beans(39) Fresh Orange(19) 1% White or FF Flavored Milk(19)  681:1353:110 <b>11</b>	Meat Loaf w/ WW Dinner Roll(25)  Mashed Potato(22) Diced Peaches(14) 1% White or FF Flavored Milk(19)  562:1415:80 <b>12</b>	Turkey Chorizo & Cheese Nachos with WG Corn Chips(36)  Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)  681:1549:85 <b>13</b>	Meatballs & Gravy with WW Dinner Roll(22)  Baked Green Beans(6) Fresh Apple(19) 1% White or FF Flavored Milk(19)  463:811:66 <b>14</b>	Pizza Slice(34)  Fresh Broccoli & Ranch Dressing(4) Diced Pears(14) 1% White or FF Flavored Milk(19)  604:1140:71 <b>15</b>
No School  <b>18</b>	Texas Chili w/ Cornbread(41)  Romaine w/ Dressing(1) Fruit mix(17) 1% White or FF Flavored Milk(19)  666:878:79 <b>19</b>	Chicken & Bean Burrito with WW Tortilla (36)  Mexican Pinto Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)  679:1208:106 <b>20</b>	Sweet & Sour Chicken over Brown Rice w/WW Dinner Roll(22) Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)  651:492:107 <b>21</b>	No School  <b>22</b>
Classic Cheeseburger on WW Bun(29)  Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)  808:1688:106 <b>25</b>	Chicken Strips w/ WG Goldfish Crackers(31)  Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)  585:859:84 <b>26</b>	Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63)  Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)  786:1508:108 <b>27</b>	Chicken Penne w/ WG Dinner Roll(34)  Savory Carrots Coins(7) Diced Pears(14) 1% White or FF Flavored Milk(19)  533:783:74 <b>28</b>	628:1125:73



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 11:47:28 AM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:655 AvgSod(mg):1151 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.

