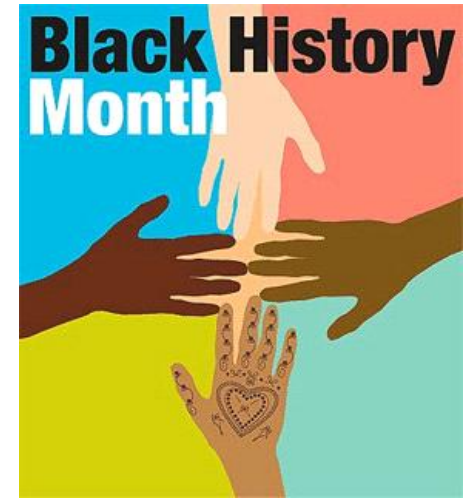




Monday	Tuesday	Wednesday	Thursday	Friday
511:1053:71	511:1053:71	511:1053:71	511:1053:71	511:1053:71 <b>1</b>
<b>Hot Philly Steak &amp; Cheese Sub(33)</b> Potato Wedges(26) Diced Pears(14) 1% White or FF Flavored Milk(19)	<b>Chicken Fries w/ BBQ Sauce and WG Goldfish(33)</b> Baked Beans(39) Mango Chunks and Juice (25) 1% White or FF Flavored Milk(19)	<b>Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(64)</b> Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	<b>Cheeseburger Mac w/ WW Dinner Roll(38)</b> Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)	<b>WG Pizza Slice(31)</b> Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)
640:1064:92 <b>4</b>	755:1206:116 <b>5</b>	758:1269:106 <b>6</b>	833:1333:77 <b>7</b>	497:1111:71 <b>8</b>
<b>Chicken Fajita Sub on WG Bun(33)</b> Baked Beans(39) Fresh Orange(19) 1% White or FF Flavored Milk(19)	<b>Meat Loaf w/ WW Dinner Roll(25)</b> Mashed Potato(22) Diced Peaches(14) 1% White or FF Flavored Milk(19)	<b>Turkey Chorizo &amp; Cheese Nachos with WG Corn Chips(36)</b> Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	<b>Meatballs &amp; Gravy with WW Dinner Roll(22)</b> Baked Green Beans(6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	<b>WG Pizza Slice(31)</b> Fresh Broccoli & Ranch Dressing(4) Diced Pears(14) 1% White or FF Flavored Milk(19)
681:1353:110 <b>11</b>	562:1415:80 <b>12</b>	681:1549:85 <b>13</b>	463:811:66 <b>14</b>	487:1068:69 <b>15</b>
<b>No School</b>	<b>Texas Chili w/ Cornbread(41)</b> Romaine w/ Dressing(1) Fruit mix(17) 1% White or FF Flavored Milk(19)	<b>Chicken &amp; Bean Burrito with WW Tortilla (36)</b> Mexican Pinto Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)	<b>Sweet &amp; Sour Chicken over Brown Rice w/WW Dinner Roll(22)</b> Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	<b>No School</b>
<b>18</b>	666:878:79 <b>19</b>	679:1208:106 <b>20</b>	651:492:107 <b>21</b>	<b>22</b>
<b>Classic Cheeseburger on WW Bun(29)</b> Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	<b>Chicken Strips w/ WG Goldfish Crackers(31)</b> Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	<b>Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63)</b> Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	<b>Chicken Penne w/ WG Dinner Roll(34)</b> Savory Carrots Coins(7) Diced Pears(14) 1% White or FF Flavored Milk(19)	
808:1688:106 <b>25</b>	585:859:84 <b>26</b>	786:1508:108 <b>27</b>	533:783:74 <b>28</b>	511:1053:71



**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 11:47:42 AM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:614 AvgSod(mg):1126 AvgCarbs(g):85  
 "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.

