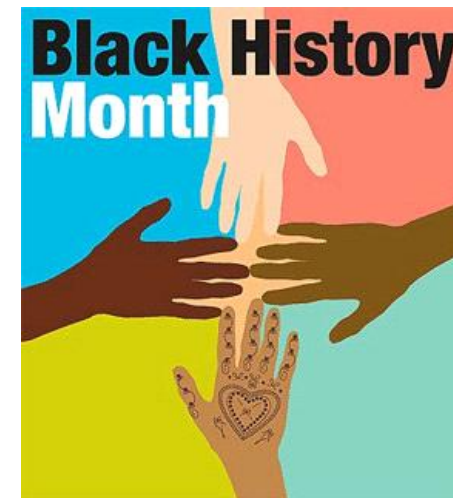




Monday	Tuesday	Wednesday	Thursday	Friday
511:1053:71	511:1053:71	511:1053:71	511:1053:71	WG Pizza Slice(31) Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)
Hot Philly Steak & Cheese Sub(33) Potato Wedges(26) Diced Pears(14) 1% White or FF Flavored Milk(19)	Chicken Fries w/ BBQ Sauce and WG Goldfish(33) Baked Beans(39) Mango Chunks and Juice (25) 1% White or FF Flavored Milk(19)	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)	Cheeseburger Mac w/ WW Dinner Roll(38) 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)
640:1064:92 4	755:1206:116 5	758:1269:106 6	773:1304:77 7	497:1111:71 8
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) Mashed Potato(22) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Meatballs & Gravy with WW Dinner Roll(22) 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)
681:1353:110 11	562:1415:80 12	681:1549:85 13	463:811:66 14	487:1068:69 15
No School 18	Texas Chili w/ Cornbread(41) Romaine w/ Dressing(1) Fruit mix(17) 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(22) Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	No School 22
666:878:79 19	679:1208:106 20	651:492:107 21	651:492:107 21	
Classic Cheeseburger on WW Bun(29) Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Chicken Strips w/ WG Goldfish Crackers(31) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	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)	Chicken Penne w/ WG Dinner Roll(34) Savory Carrots Coins(7) Diced Pears(14) 1% White or FF Flavored Milk(19)	
808:1688:106 25	585:859:84 26	786:1508:108 27	533:783:74 28	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 11:49:13 AM
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:611 AvgSod(mg):1125 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.

