



Monday	Tuesday	Wednesday	Thursday	Friday
				No School
<b>Grilled Chicken Breast on WW Bun(34)</b>	<b>Salisbury Steak w/ WG Dinner Roll(22)</b>	<b>*New*Egg &amp; Cheese on WG English Muffin (25)</b>	<b>Baked Mostaccioli w/ WW Dinner Roll(39)</b>	<b>WG Pizza Slice(31)</b>
or: Salad with Turkey Ham & Cheese (34) Baked Beans(27) Diced Peaches(14) 1% White or FF Flavored Milk(19)	or: Salad with Turkey, Turkey Ham and Cheese (34) Baked Green Beans(4) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18) 1% White or FF Flavored Milk(19)	or: Salad with Chicken & Cheese (33) Diced Potatoes(15) Fresh Banana(23) 1% White or FF Flavored Milk(19)	or: Salad with Turkey & Cheese (34) Romaine w/ Dressing(2) Diced Pears(14) 1% White or FF Flavored Milk(19)	Baby Carrots w/ Ranch(6) Fresh Apple(19) 1% White or FF Flavored Milk(19)
4 551:1397:95	5 451:809:64	6 599:891:82	7 858:997:75	8 629:1338:75
<b>BBQ Beef Rib Patty on WW Bun(35)</b>	<b>"New" Texas Style Chicken Drumstick w/ WW Dinner Roll(22)</b>	<b>Beef &amp; Cheese Nachos w/ WG Corn Chips(35)</b>	<b>Asian Chicken w/ Brown Rice and WW Dinner Roll(56)</b>	<b>WG Pizza Slice(31)</b>
Potato Wedges(18) Diced Pears(14) 1% White or FF Flavored Milk(19)	Baked Beans(27) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Stir Fry Vegetables (6) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Romaine w/ Dressing(2) Fresh Apple(19) 1% White or FF Flavored Milk(19)
11 600:1223:86	12 618:1081:88	13 701:1627:84	14 577:740:95	15 618:1303:71
<b>Italian Meatball Sub on WG Bun(38)</b>	<b>Popcorn Chicken w/ WG Goldfish Crackers(33)</b>	<b>Beef and Cheese Burrito with Beans on WW Tortilla (32)</b>	<b>Chicken &amp; Rice Casserole(38)</b>	<b>WG Pizza Slice(31)</b>
or: Salad with Turkey Ham & Cheese (34) Baked Green Beans(4) Diced Peaches(14) 1% White or FF Flavored Milk(19)	or: Salad with Turkey, Turkey Ham and Cheese (34) Baked Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)	or: Salad with Chicken & Cheese (33) Corn Obrien(16) Fresh Banana(23) 1% White or FF Flavored Milk(19)	or: Salad with Turkey & Cheese (34) Steamed Broccoli(2) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)	Baby Carrots w/ Ranch(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)
18 525:893:76	19 700:971:99	20 550:818:90	21 550:789:80	22 610:1344:70
<b>Cheeseburger Meatloaf on WW Bun (32)</b>	<b>Chicken in Gravy w/ WW Dinner Roll(16)</b>	<b>Walking Taco w/ WG Corn Chips(21)</b>	<b>Macaroni &amp; Cheese with WG Dinner Roll (49)</b>	<b>WG Pizza Slice(31)</b>
or: Salad with Turkey Ham & Cheese (34) Baked Green Beans(4) Fresh Apple(19) 1% White or FF Flavored Milk(19)	or: Salad with Turkey, Turkey Ham and Cheese (34) Mashed Potato(15) Diced Pears(14) 1% White or FF Flavored Milk(19)	or: Salad with Chicken & Cheese (33) Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)	or: Salad with Turkey & Cheese (34) Savory Carrots Coins(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Romaine w/ Dressing(2) Fresh Orange(19) 1% White or FF Flavored Milk(19)
25 510:806:74	26 449:832:64	27 577:939:83	28 578:1355:90	29 626:1303:71



**Thought for Thought**

You cannot build a reputation on what you are going to do. - Henry Ford

**Tips & Information**

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

2/25/2019 1:41:07 PM  
Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
AvgCals:593 AvgSod(mg):1072 AvgCarbs(g):180

"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.

