



Monday	Tuesday	Wednesday	Thursday	Friday
				No School
Grilled Chicken Breast on WW Bun(34)	Salisbury Steak w/ WG Dinner Roll(22)	*New*Egg & Cheese on WG English Muffin (25)	Baked Mostaccioli w/ WW Dinner Roll(39)	WG Pizza Slice(31)
or: Salad with Turkey Ham & Cheese (34) Baked Beans(39) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Baked Green Beans(6) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18) 1% White or FF Flavored Milk(19)	Diced Potatoes(20) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Romaine w/ Dressing(1) Diced Pears(14) 1% White or FF Flavored Milk(19)	Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)
4 612:1572:106	5 460:809:66	6 636:898:87	7 743:747:74	8 516:1105:76
BBQ Beef Rib Patty on WW Bun(35)	"New" Texas Style Chicken Drumstick w/ WW Dinner Roll(22)	Beef & Cheese Nachos w/ WG Corn Chips(35)	Asian Chicken w/ Brown Rice and WW Dinner Roll(56)	WG Pizza Slice(31)
or: Salad with Turkey Ham & Cheese (34) Potato Wedges(26) Diced Pears(14) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)	or: Salad with Turkey & Cheese (34) Stir Fry Vegetables (6) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)
11 648:1240:94	12 679:1256:99	13 701:1627:84	14 577:740:95	15 503:1053:71
Italian Meatball Sub on WG Bun(38)	Popcorn Chicken w/ WG Goldfish Crackers(33)	Beef and Cheese Burrito with Beans on WW Tortilla (32)	Chicken & Rice Casserole(38)	WG Pizza Slice(31)
or: Salad with Turkey Ham & Cheese (34) Baked Green Beans(6) Diced Pears(14) 1% White or FF Flavored Milk(19)	Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	or: Salad with Chicken & Cheese (33) Corn Obrien(24) Fresh Banana(23) 1% White or FF Flavored Milk(19)	or: Salad with Turkey & Cheese (34) Steamed Broccoli(6) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)	Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)
18 535:893:78	19 761:1146:110	20 584:818:98	21 569:796:83	22 497:1111:71
Cheeseburger Meatloaf on WW Bun (32)	Chicken in Gravy w/ WW Dinner Roll(16)	Walking Taco w/ WG Corn Chips(21)	Macaroni & Cheese with WG Dinner Roll (49)	WG Pizza Slice(31)
or: Salad with Turkey Ham & Cheese (34) Baked Green Beans(6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	or: Salad with Turkey, Turkey Ham and Cheese (34) Mashed Potato(22) Diced Pears(14) 1% White or FF Flavored Milk(19)	Mexican Pinto Beans(27) 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(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)
25 520:806:76	26 484:1007:72	27 627:1064:91	28 578:1355:90	29 511:1053:71



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.

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 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:587 AvgSod(mg):1054 AvgCarbs(g):184
 "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.

