

REDUCE REUSE RECYCLE

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 No School	4 No School	5 No School
8 621:1177:99 Chicken Fajita Sub on WG Bun(33) or: Salad with Turkey Ham & Cheese (34) or: Beef Sloppy Joe on WW Bun(34) Baked Beans(27) Fresh Orange(19) 1% White or FF Flavored Milk(19)	9 No School	10 No School	11 No School	12 607:1338:70 WG Pizza Slice(31) Baby Carrots w/ Ranch(6) Diced Pears(14) 1% White or FF Flavored Milk(19)
15 576:1233:75 Turkey Burger on WW Bun(26) Diced Potatoes(15) Diced Peaches(14) 1% White or FF Flavored Milk(19) Toppings Bar Day	16 1045:1347:117 Texas Chili w/ Cornbread(76) or: Chicken Nuggets w/ Goldfish Crackers(30) or: Salad with Turkey, Turkey Ham and Cheese (34) Romaine w/ Dressing(2) Fresh Apple(19)	17 858:1567:82 Grilled Chicken Salad w/ WW Pita(37) Tossed Salad with Ranch(3) Fresh Banana(23) 1% White or FF Flavored Milk(19)	18 545:843:78 BBQ Meatloaf Sandwich on WW Bun(37) or: Breaded Chicken Patty on WW Bun(40) or: Salad with Turkey & Cheese (34) Seasoned Greens(3) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18)	19 No School
22 747:1513:95 Classic Cheeseburger on WW Bun(29) or: Salad with Turkey Ham & Cheese (34) Baked Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)	23 548:852:79 Chicken Strips w/ WG Goldfish Crackers(31) or: Salad with Turkey, Turkey Ham and Cheese (34) Diced Potatoes(15) Diced Peaches(14) 1% White or FF Flavored Milk(19)	24 1111:2264:153 Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(108) or: Salad with Chicken & Cheese (33) Tossed Salad with Ranch(3) Fresh Banana(23) 1% White or FF Flavored Milk(19)	25 533:783:74 Chicken Penne w/ WG Dinner Roll(34) or: Beef Hot Dog on WW Bun(22) or: Salad with Turkey & Cheese (34) Savory Carrots Coins(7) Diced Pears(14) 1% White or FF Flavored Milk(19)	26 629:1310:73 Kickin Chicken Pizza Slice(31) or: WG Cheese Pizza Slice(32) Fresh Broccoli & Ranch Dressing(3) Fresh Orange(19) 1% White or FF Flavored Milk(19)
29 551:1397:95 Grilled Chicken Breast on WW Bun(34) or: Salad with Turkey Ham & Cheese (34) or: Beef Sloppy Joe on WW Bun(34) Baked Beans(27) Diced Peaches(14) 1% White or FF Flavored Milk(19) Toppings Bar Day	30 463:809:63 Salisbury Steak w/ WG Dinner Roll(22) Baked Green Beans(4) Diced Strawberries and 100% Juice (18) 1% White or FF Flavored Milk(19)			



Thought for Thought

Three grand essentials to happiness in this life are something to do, something to love, and something to hope for. - Addison

Tips & Information

Make a commitment to recycling as much as you can in your household. Along with reducing your consumption and reusing all that you can, recycling can help to reduce the amount of items going into your garbage each week and will ensure that you're contributing to a sustainable and long-term commitment by many communities across the world to making the most of our resources. By recycling regularly, you show other people that it is possible, a good thing to do and that it makes a difference.

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:679 AvgSod(mg):1264 AvgCarbs(g):88
"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.

