

# REDUCE REUSE RECYCLE

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 No School	4 No School	5 No School
8 681:1353:110 Chicken Fajita Sub on WG Bun(33) Baked Beans(39) Fresh Orange(19) 1% White or FF Flavored Milk(19)	9 562:1415:80 Meat Loaf w/ WW Dinner Roll(25) Mashed Potato(22) Diced Peaches(14) 1% White or FF Flavored Milk(19)	10 779:1179:80 Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	11 463:811:66 Meatballs & Gravy with WW Dinner Roll(22) Baked Green Beans(6) Fresh Apple(19) 1% White or FF Flavored Milk(19)	12 611:1177:74 Pizza Slice(34) Baby Carrots w/ Ranch(7) Diced Pears(14) 1% White or FF Flavored Milk(19)
15 613:1240:80 Turkey Burger on WW Bun(26) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	16 678:868:81 Texas Chili w/ Combread(41) Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)	17 744:1321:81 Grilled Chicken Salad w/ WW Pita(37) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	18 545:843:78 BBQ Meatloaf Sandwich on WW Bun(37) Seasoned Greens(3) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18) 1% White or FF Flavored Milk(19)	19 No School
22 808:1688:106 Classic Cheeseburger on WW Bun(29) Baked Beans(39) Fresh Apple(19) 1% White or FF Flavored Milk(19)	23 585:859:84 Chicken Strips w/ WG Goldfish Crackers(31) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	24 786:1508:108 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)	25 533:783:74 Chicken Penne w/ WG Dinner Roll(34) Savory Carrots Coins(7) Diced Pears(14) 1% White or FF Flavored Milk(19)	26 634:1140:76 Pizza Slice(34) Fresh Broccoli & Ranch Dressing(4) Fresh Orange(19) 1% White or FF Flavored Milk(19)
29 612:1572:106 Grilled Chicken Breast on WW Bun(34) Baked Beans(39) Diced Peaches(14) 1% White or FF Flavored Milk(19)	30 473:809:65 Salisbury Steak w/ WG Dinner Roll(22) Baked Green Beans(6) Diced Strawberries and 100% Juice (18) 1% White or FF Flavored Milk(19)			



### Thought for Thought

Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person. - Albert Einstein

### 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:631 AvgSod(mg):1160 AvgCarbs(g):84

"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.

