



Monday

Tuesday

Wednesday

Thursday

Friday

				WG Pizza Slice(31) Baby Carrots w/ Ranch(8) Fruit mix(17) 1% White or FF Flavored Milk(19)
664:1745:85	664:1745:85	664:1745:85	664:1745:85	1 664:1745:85
BBQ Beef Rib Patty on WW Bun(35) Seasoned Corn(17) Mixed Fruit Cup 1% White or FF Flavored Milk(19)		Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(108) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken Penne w/ WG Dinner Roll(34) Baked Green Beans(4) Fresh Orange(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Baby Carrots w/ Ranch(8) Fruit mix(17) 1% White or FF Flavored Milk(19)
4 556:1471:81	5 No School 80:760:20	6 1029:2387:161	7 587:1110:86	8 664:1745:85
Cheeseburger Meatloaf on WW Bun (32) Diced Potatoes(15) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Texas Style Chicken Drumstick w/ WW Dinner Roll(22) Baked Beans(22) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Beef & Cheese Nachos w/ WG Corn Chips(35) Tossed Salad with Ranch(3) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken & Rice Casserole(38) Steamed Broccoli(2) Fresh Orange(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Baby Carrots w/ Ranch(8) Fruit mix(17) 1% White or FF Flavored Milk(19)
11 613:1307:90	12 629:1441:92	13 961:1894:91	14 590:1169:89	15 664:1745:85
Italian Meatball Sub on WG Bun(38) Baked Green Beans(4) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)	Chicken Fries w/ BBQ Sauce and WG Goldfish(33) Sweet Baby Peas(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Turkey Chorizo Street Taco w/ WG Mini Flatbread(30) Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Baked Mostaccioli w/ WW Dinner Roll(39) Romaine w/ Dressing(1) Fresh Orange(19) 1% White or FF Flavored Milk(19)	WG Pizza Slice(31) Baby Carrots w/ Ranch(8) Fruit mix(17) 1% White or FF Flavored Milk(19)
18 595:1273:92	19 608:1056:88	20 677:1542:102	21 813:1127:89	22 664:1745:85
BBQ Meatloaf Sandwich on WW Bun(37) Baked Beans(22) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Chicken in Gravy w/ WW Dinner Roll(16) Mashed Potato(15) Fresh Apple(19) 1% White or FF Flavored Milk(19)			
25 682:1586:102	26 511:1212:79	27 No School 80:760:20	28 Thanksgiving Day 80:760:20	29 No School 80:760:20



Thought for Thought

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:579 AvgSod(mg):1423 AvgCarbs(g):80
"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

