



Monday

Tuesday

Wednesday

Thursday

Friday

				Breaded Chicken Patty on WW Bun(40) Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)
772:1896:118	772:1896:118	772:1896:118	772:1896:118	1 772:1896:118
WG Pizza Slice(31) Baby Carrots w/ Ranch(7) Mixed Fruit Cup 1% White or FF Flavored Milk(19)		Beef Soft Taco on WW Tortilla w/ Spanish Brown Rice(63) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken Penne w/ WG Dinner Roll(34) Baked Green Beans(6) Fresh Orange(19) 1% White or FF Flavored Milk(19)	BBQ Beef Rib Patty on WW Bun(35) Seasoned Corn(25) Fruit mix(17) 1% White or FF Flavored Milk(19)
4 484:1485:67	5 No School 80:760:20	6 824:1877:117	7 596:1110:88	8 652:1481:107
WG Pizza Slice(31) Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Texas Style Chicken Drumstick w/ WW Dinner Roll(22) Baked Beans(32) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Beef & Cheese Nachos w/ WG Corn Chips(35) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken & Rice Casserole(38) Steamed Broccoli(6) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Cheeseburger Meatloaf on WW Bun (32) Diced Potatoes(20) Fruit mix(17) 1% White or FF Flavored Milk(19)
11 537:1491:81	12 684:1606:102	13 847:1648:90	14 609:1176:92	15 657:1318:98
WG Pizza Slice(31) Baby Carrots w/ Ranch(7) Blueberries & 100% Juice (20) 1% White or FF Flavored Milk(19)	Chicken Fries w/ BBQ Sauce and WG Goldfish(33) Sweet Baby Peas(10) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Turkey Chorizo Street Taco w/ WG Mini Flatbread(30) Mexican Pinto Beans(27) 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)	Italian Meatball Sub on WG Bun(38) Baked Green Beans(6) Fruit mix(17) 1% White or FF Flavored Milk(19)
18 564:1485:87	19 625:1071:91	20 727:1667:110	21 818:1127:89	22 585:1283:91
WG Pizza Slice(31) Baby Carrots w/ Ranch(7) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Chicken in Gravy w/ WW Dinner Roll(16) Mashed Potato(22) Fresh Apple(19) 1% White or FF Flavored Milk(19)			
25 537:1491:81	26 546:1387:87	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!

10/18/2019 1:47:33 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:578 AvgSod(mg):1408 AvgCarbs(g):85

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White & Fat Free Chocolate Milk available daily.

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