




Monday	Tuesday	Wednesday	Thursday	Friday
				
80:760:20	80:760:20	1	2 No School 80:760:20	3 No School 80:760:20
Cheeseburger Meatloaf on WW Bun (32) Diced Potatoes(20) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Texas Style Chicken Drumstick w/ WW 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) Diced Strawberries and 100% Juice (19) 1% White or FF Flavored Milk(19)	Pizza Slice(34) Baby Carrots w/ Ranch(9) Fruit mix(17) 1% White or FF Flavored Milk(19)
6 650:1314:95	7 684:1606:102	8 817:1591:89	9 609:1176:93	10 669:1585:89
Italian Meatball Sub on WG Bun(38) Baked Green Beans(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Chicken Fries w/ BBQ Sauce and WG Sweet Baby Peas(10) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Turkey Chorizo Street Taco w/ WG Mini Mexican Pinto Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Baked Mostaccioli w/ WW Dinner Roll (39) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Pizza Slice(34) Baby Carrots w/ Ranch(9) Orange Juice(15) 1% White or FF Flavored Milk(19)
13 579:1196:88	14 642:1071:95	15 710:1667:106	16 822:1127:93	17 669:1575:87
	Chicken in Gravy w/ WW Dinner Roll(16) Mashed Potato(22) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Walking Taco w/ WG Corn Chips(21) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Asian Chicken w/ Brown Rice and WW Stir Fry Vegetables (9) Pineapple Tibits Cup (13) 1% White or FF Flavored Milk(19)	Pizza Slice(34) Baby Carrots w/ Ranch(9) Fruit mix(17) 1% White or FF Flavored Milk(19)
20 MLK Day 80:760:20	21 546:1387:87	22 626:1269:75	23 654:1124:108	24 669:1585:89
All-American Hamburger on WW Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)	Chef Salad w/ WW Pita(36) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Chicken Soft Taco on Wheat Tortilla with WG Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Salisbury Steak w/ WG Dinner Roll(22) Diced Potatoes(20) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Pizza Slice(34) Baby Carrots w/ Ranch(9) Fresh Orange(19) 1% White or FF Flavored Milk(19)
27 762:1874:108	28 765:1862:90	29 722:1307:100	30 638:1311:94	31 689:1575:91



Thought for Thought

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born. - Dr. Dale Turner

Tips & Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

12/12/2019 8:13:54 AM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:536 AvgSod(mg):1270 AvgCarbs(g):175

"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.



Menu Subject to Change