



Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School</p>	<p>Texas Style Chicken Drumstick w/ WW Baked Beans(32) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>All-American Hamburger on WW Bun(29) Tossed Salad with Ranch(2) Strawberry,Pineapple,Grape,Peach Fruit Mix & Fresh Juice (18) 1% White or FF Flavored Milk(19)</p>	<p>Chicken & Rice Casserole(38) Steamed Broccoli(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>Cheeseburger Meatloaf on WW Bun (32) Diced Potatoes(20) Fruit mix(17) 1% White or FF Flavored Milk(19)</p>
<p>2</p>	<p>3 644:1226:92</p>	<p>4 674:1204:69</p>	<p>5 578:796:86</p>	<p>6 617:938:88</p>
<p>WG Pizza Slice(31) Baby Carrots w/ Ranch(9) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p>	<p>Chicken Fries w/ BBQ Sauce and WG Sweet Baby Peas(10) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>Turkey Chorizo Taco w/ WG Flatbread(30) Mexican Pinto Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>Grilled Chicken Salad w/ WW Pita(35) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>Italian Meatball Sub on WG Bun(38) Baked Green Beans(6) Orange Juice(15) 1% White or FF Flavored Milk(19)</p>
<p>9 505:1129:73</p>	<p>10 602:691:85</p>	<p>11 670:1287:96</p>	<p>12 736:1122:79</p>	<p>13 546:810:79</p>
<p>WG Pizza Slice(31) Baby Carrots w/ Ranch(9) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p>	<p>Classic Cheeseburger on WW Bun(29) Baked Beans(32) Diced Strawberries and 100% Juice (19) 1% White or FF Flavored Milk(19)</p>	<p>Walking Taco w/ WG Corn Chips(21) Romaine w/ Dressing(1) Pineapple Tidbits(17) 1% White or FF Flavored Milk(19)</p>	<p>Asian Chicken w/ Brown Rice and WW Dinner Stir Fry Vegetables (9) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>BBQ Meatloaf Sandwich on WW Bun(37) Seasoned Corn(25) Fruit mix(17) 1% White or FF Flavored Milk(19)</p>
<p>16 505:1129:73</p>	<p>17 St.Patrick's Day 789:1658:101</p>	<p>18 567:889:59</p>	<p>19 633:744:108</p>	<p>20 634:840:99</p>
<p>WG Pizza Slice(31) Baby Carrots w/ Ranch(9) Diced Pears(14) 1% White or FF Flavored Milk(19)</p>	<p>Chef Salad w/ WW Pita(36) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>Chicken Soft Taco on WW Tortilla w/ WG Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>	<p>Salisbury Steak w/ WG Dinner Roll(22) Mashed Potato(22) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p>	<p>Popcorn Chicken w/ WG Crackers(33) Baked Beans(32) Orange Juice(15) 1% White or FF Flavored Milk(19)</p>
<p>23 502:1123:73</p>	<p>24 725:1482:80</p>	<p>25 682:927:90</p>	<p>26 565:1333:86</p>	<p>27 722:1116:99</p>
<p>WG Pizza Slice(31) Fresh Broccoli & Ranch Dressing(4) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p>	<p>Cheeseburger Mac w/ WW Dinner Roll(36) Savory Carrots Coins(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)</p>			
<p>30 490:1074:69</p>	<p>31 620:1079:81</p>			



Thought for Thought

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. - Oscar Wilde

Tips & Information

Established in 1989, the National School Breakfast week was created to remind and encourage all students to eat a nutritious breakfast. Research has shown eating breakfast in the morning provides the fuel children need to perform all day. Look to fresh fruits, vegetables, nuts, yogurt or toast for a quick and delicious meal.

2/8/2020 3:08:54 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:619 AvgSod(mg):1076 AvgCarbs(g):84

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



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