



Monday	Tuesday	Wednesday	Thursday	Friday
			Baked Mostaccioli(24)	Chicken Nuggets w/ Goldfish Crackers(30)
738:747:74	738:747:74	738:747:74	Romaine w/ Dressing(1) Dinner Roll(15) Diced Pears(14) 1% White or FF Flavored Milk(19)	Baked Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)
WG Pizza Slice (31)	Grilled Chicken Salad(1)	Meat Loaf w/ WW Dinner Roll(25)	Asian Chicken(10)	Beef Soft Taco on WW Tortilla(19)
Baby Carrots w/ Ranch(5) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Tossed Salad with Ranch(2) Whole Wheat Pita Bread(34) Mixed fruit(17) 1% White or FF Flavored Milk(19)	Mashed Potato(15) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Steamed Broccoli(2) WG Brown Rice(37) Diced Pears(14) 1% White or FF Flavored Milk(19)	Mexican Pinto Beans(19) Fresh Apple(19) 1% White or FF Flavored Milk(19)
5 657:1196:69	6 709:1133:74	7 563:1234:82	8 525:1148:82	9 531:1025:77
	BBQ Beef Rib Patty on Bun(35)	Hot Philly Steak & Cheese Sub(33)	Cheeseburger Mac w/ WW Dinner Roll(23)	Grilled Chicken Breast on WW Bun(34)
No School	Seasoned Greens(4) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Potato Wedges(16) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Savory Carrots Coins(3) Dinner Roll(15) Mixed fruit(17) 1% White or FF Flavored Milk(19)	Baked Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)
12	13 544:1105:77	14 618:1043:91	15 649:1089:77	16 570:1391:100
WG Pizza Slice (31)	Beef & Cheese Nachos w/ WG Corn Chips(38)	Chicken Strips w/ WG Goldfish Crackers(31)	Meatballs & Gravy with Brown Rice(44)	Vegetarian Chili w/Cheese and Corn Bread Loaf(50)
Romaine w/ Dressing(1) Diced Pears(14) 1% White or FF Flavored Milk(19)	Mexican Salsa(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Baked Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Baked Green Beans(2) Mixed fruit(17) 1% White or FF Flavored Milk(19)	Diced Potatoes(15) Fresh Apple(19) 1% White or FF Flavored Milk(19)
19 643:1155:65	20 632:1592:77	21 627:1121:101	22 524:680:82	23 670:793:104
WG Pizza Slice (31)	Chef Salad(2)	Salisbury Steak(7)	Chicken Penne w/ WG Breadstick(33)	
Baby Carrots w/ Ranch(5) Diced Pears(14) 1% White or FF Flavored Milk(19)	Romaine w/ Dressing(1) Whole Wheat Pita Bread(34) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Mashed Potato(15) Dinner Roll(15) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Baked Green Beans(2) Diced Peaches(14) 1% White or FF Flavored Milk(19)	No School
26 654:1190:69	27 738:1528:75	28 530:1158:79	29 513:696:69	30



Thought for Thought

Life is a progress, and not a station. - Ralph Waldo Emerson

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.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:629 AvgSod(mg):1058 AvgCarbs(g):80

"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.

