



Monday	Tuesday	Wednesday	Thursday	Friday
			Baked Mostaccioli(24)	Chicken Nuggets w/ Goldfish Crackers(30)
858:997:75	858:997:75	858:997:75	1 or: Macaroni & Cheese(34) Romaine w/ Dressing(2) Dinner Roll(15) Diced Pears(14) 1% White or FF Flavored Milk(19)	2 or: Beef Sloppy Joe on WW Bun(34) 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(20)
5 Baby Carrots w/ Ranch(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)	6 or: Hummus Cup and String Cheese (19) Tossed Salad with Ranch(3) Whole Wheat Pita Bread(34) Mixed fruit(17) 1% White or FF Flavored Milk(19)	7 or: Turkey Burger on WW Bun(26) Mashed Potato(15) Fresh Banana(23) 1% White or FF Flavored Milk(19)	8 or: Teriyaki Beef Dippers(16) Steamed Broccoli(2) WG Brown Rice(74) Diced Pears(14) 1% White or FF Flavored Milk(19)	9 or: Turkey Dog with WW Bun(25) Mexican Pinto Beans(19) Fresh Apple(19) 1% White or FF Flavored Milk(19)
777:1446:70	829:1383:75	563:1234:82	695:1148:119	559:1077:77
	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	12 or: Breaded Chicken Patty on WW Bun(40) Seasoned Greens(3) Fresh Orange(19) 1% White or FF Flavored Milk(19)	14 or: Turkey Burger on WW Bun(26) Potato Wedges(16) Fresh Banana(23) 1% White or FF Flavored Milk(19)	15 or: Macaroni & Cheese(34) Savory Carrots Coins(3) Dinner Roll(15) Mixed fruit(17) 1% White or FF Flavored Milk(19)	16 or: Beef Sloppy Joe on WW Bun(34) Baked Beans(27) Fresh Apple(19) 1% White or FF Flavored Milk(19)
543:1104:77	618:1043:91	709:1118:77	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)
19 Romaine w/ Dressing(2) Diced Pears(14) 1% White or FF Flavored Milk(19)	20 or: Turkey & Cheese Nachos with WG Corn Chips (36) Mexican Salsa(6) Diced Peaches(14) 1% White or FF Flavored Milk(19)	21 or: Beef Sloppy Joe on WW Bun(34) Baked Beans(27) Fresh Banana(23) 1% White or FF Flavored Milk(19)	22 or: Breaded Chicken Patty on WW Bun(40) Baked Green Beans(2) Mixed fruit(17) 1% White or FF Flavored Milk(19)	23 or: Turkey Burger on WW Bun(26) Diced Potatoes(15) Fresh Apple(19) 1% White or FF Flavored Milk(19)
763:1405:66	632:1592:77	627:1121:101	524:680:82	670:793:104
WG Pizza Slice (31)	Chef Salad(2)	Salisbury Steak(7)	Chicken Penne w/ WG Breadstick(33)	
26 Baby Carrots w/ Ranch(6) Diced Pears(14) 1% White or FF Flavored Milk(19)	27 or: Hummus Cup and String Cheese (19) Romaine w/ Dressing(2) Whole Wheat Pita Bread(34) Fresh Orange(19) 1% White or FF Flavored Milk(19)	28 or: Chicken and Gravy(1) Mashed Potato(15) Dinner Roll(15) Fresh Banana(23) 1% White or FF Flavored Milk(19)	29 or: Beef Sloppy Joe on WW Bun(34) Baked Green Beans(2) Diced Peaches(14) 1% White or FF Flavored Milk(19)	30 No School
774:1440:70	858:1778:76	530:1158:79	513:696:69	



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:687 AvgSod(mg):1159 AvgCarbs(g):82

"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.

