



Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Soft Taco on Wheat Tortilla(18)	Baked Mostaccioli(24)
509:752:75	509:752:75	509:752:75	1 Corn Obrien(14) Fresh Banana(23) 1% White or FF Flavored Milk(19)	2 Romaine w/ Dressing(1) Dinner Roll(15) Diced Pears(14) 1% White or FF Flavored Milk(19)
WG Pizza Slice (31)	Beef Soft Taco on WW Tortilla(19)	Grilled Chicken Salad(1)	Meat Loaf w/ WW Dinner Roll(25)	Asian Chicken(10)
Baby Carrots w/ Ranch(5) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Mexican Pinto Beans(19) 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)
5 676:1190:74	6 512:1031:72	7 709:1133:74	8 563:1234:82	9 525:1148:82
	Grilled Chicken Breast on WW Bun(34)	BBQ Beef Rib Patty on Bun(35)	Hot Philly Steak & Cheese Sub(33)	Cheeseburger Mac w/ WW Dinner Roll(23)
No School	Baked Beans(27) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Seasoned Greens(3) Fresh Orange(19) 1% White or FF Flavored Milk(19)	Diced Potatoes(15) 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)
12	13 551:1397:95	14 543:1104:77	15 627:1030:90	16 709:1118:77
WG Pizza Slice (31)	Vegetarian Chili w/Cheese and Corn Bread Loaf(50)	Beef & Cheese Nachos w/ WG Corn Chips(38)	Chicken Strips w/ WG Goldfish Crackers(31)	Meatballs & Gravy with Brown Rice(44)
Mixed Veggie Slaw (3) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Diced Potatoes(15) Diced Peaches(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)
19 631:1043:72	20 648:793:99	21 632:1592:77	22 627:1121:101	23 524:680:82
WG Pizza Slice (31)	Cheeseburger Meatloaf on WW Bun (32)	Chef Salad(2)	Salisbury Steak(7)	
Baby Carrots w/ Ranch(5) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Baked Beans(27) 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)	No School
26 676:1190:74	27 613:1196:93	28 738:1528:75	29 530:1158:79	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:600 AvgSod(mg):1062 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.

