



Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Penne w/ WG Dinner Roll or: Beef Hot Dog on WW Bun Savory Carrots Coins Diced Peas 1% White or FF Flavored Milk	WG Pepperoni Pizza Slice Fresh Broccoli & Ranch Dressing Fresh Orange 1% White or FF Flavored Milk
Grilled Chicken Breast on WW Bun or: Beef Sloppy Joe on WW Bun Baked Beans Diced Peaches 1% White or FF Flavored Milk	Salisbury Steak w/ WG Dinner Roll or: Chicken Nuggets w/ Goldfish Crackers Baked Green Beans Mixed fruit 1% White or FF Flavored Milk	Turkey Chorizo Street Taco w/ WG Mini Flatbread or: Beef Hot Dog on WW Bun Corn Obrien Fresh Banana 1% White or FF Flavored Milk	Baked Mostaccioli w/ WW Dinner Roll or: Breaded Chicken Patty on WW Bun Romaine w/ Dressing Diced Peas 1% White or FF Flavored Milk	WG Pepperoni Pizza Slice Baby Carrots w/ Ranch Fresh Apple 1% White or FF Flavored Milk
BBQ Beef Rib Patty on WW Bun or: Breaded Chicken Patty on WW Bun Potato Wedges Mixed fruit 1% White or FF Flavored Milk	"New" Texas Style Chicken Drumstick w/ WW Dinner Roll or: Beef Sloppy Joe on WW Bun Baked Beans Fresh Orange 1% White or FF Flavored Milk	Beef & Cheese Nachos w/ WG Corn Chips or: Chicken Nuggets w/ Goldfish Crackers Mexican Salsa Fresh Banana 1% White or FF Flavored Milk	Half Day - No Lunch	Half Day - No Lunch
Italian Meatball Sub on WG Bun or: Breaded Chicken Patty on WW Bun Baked Green Beans Diced Peas 1% White or FF Flavored Milk	Popcorn Chicken w/ WG Goldfish Crackers or: Beef Sloppy Joe on WW Bun Baked Beans Fresh Apple 1% White or FF Flavored Milk	No School	Thanksgiving Day	No School
Cheeseburger Meatloaf on WW Bun or: Breaded Chicken Patty on WW Bun Diced Roasted Sweet Potatoes Fresh Apple 1% White or FF Flavored Milk	Chicken in Gravy w/ WW Dinner Roll or: Beef Sloppy Joe on WW Bun Mashed Potato Mixed fruit 1% White or FF Flavored Milk	Walking Taco w/ WG Corn Chips or: Chicken Nuggets w/ Goldfish Crackers Mexican Pinto Beans Fresh Banana 1% White or FF Flavored Milk	Macaroni & Cheese with WG Dinner Roll or: Beef Hot Dog on WW Bun Baked Green Beans Diced Peaches 1% White or FF Flavored Milk	Half Day - No Lunch



Thought for Thought

If a man does not keep pace with his companions perhaps it is because he hears a different drummer. Let him step to the music he hears however measured and far away. - Henry David Thoreau

Tips & Information

Eating pumpkins is good for you! It Contains 9 Important nutrients– Vitamin C, Vitamin E, magnesium, potassium, zinc, iron, alpha and beta carotenoids, which help prevent cellular damage as well as helps lower cholesterol. Have a happy and healthy Holiday Break!

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"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.

