



Monday	Tuesday	Wednesday	Thursday	Friday																				
<p>Hot Philly Steak & Cheese Sub(33) or: Breaded Chicken Patty on WW Bun(40) or: Salad with Turkey Ham & Cheese (20) or: Turkey & American Cheese Sub (32) Potato Wedges(18) Diced Pears(14) 1% White or FF Flavored Milk(19)</p> <p>3 592:1047:84</p>	<p>Pizza Slice(34) or: Salad with Turkey, Turkey Ham and Cheese (20) or: Philly Steak & Cheese Sub (31) Baby Carrots w/ Ranch(5) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> <p>4 614:1170:75</p>	<p>Chicken Soft Taco on Wheat Tortilla with WG Spanish Dressing(34) or: Beef Hot Dog on WW Bun(22) or: Salad with Chicken & Cheese (19) or: Turkey Ham and Swiss Sub (31) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>5 752:1265:105</p>	<p>Cheeseburger Mac w/ WW Dinner Roll(38) or: Chicken Nuggets w/ Goldfish Crackers(30) or: Salad with Turkey & Cheese (20) or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) (30) Romaine w/ Dressing(1) Fresh Apple(19)</p> <p>6 829:1333:77</p>	<p>Chicken Fries w/ BBQ Sauce and WG Goldfish(33) or: Salad with Turkey Ham, Egg and Cheese(20) or: Beef Sloppy Joe on WW Bun(34) or: Chicken & Cheddar Sub (29) Baked Beans(27) Diced Peaches(14)</p> <p>7 651:1037:94</p>	<p>Chicken Fajita Sub on WG Bun(33) or: Salad with Turkey Ham & Cheese (20) or: Beef Sloppy Joe on WW Bun(34) or: Turkey & American Cheese Sub (32) Baked Beans(27) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>10 621:1177:99</p>	<p>Pizza Slice(34) or: Salad with Turkey, Turkey Ham and Cheese (20) or: Philly Steak & Cheese Sub (31) Fresh Broccoli & Ranch Dressing(2) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> <p>11 606:1142:73</p>	<p>Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) or: Beef Hot Dog on WW Bun(22) or: Salad with Chicken & Cheese (19) or: Turkey Ham and Swiss Sub (31) Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>12 681:1549:85</p>	<p>Meatballs & Gravy with WW Dinner Roll(22) or: Breaded Chicken Patty on WW Bun(40) or: Salad with Turkey & Cheese (20) or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) (30) Baked Green Beans(4) Fresh Apple(19)</p> <p>13 454:811:64</p>	<p>Meat Loaf w/ WW Dinner Roll(25) or: Chicken Nuggets w/ Goldfish Crackers(30) or: Salad with Turkey Ham, Egg and Cheese(20) or: Chicken & Cheddar Sub (29) Mashed Potato(15) Diced Pears(14)</p> <p>14 524:1234:73</p>	<p>Turkey Burger on WW Bun(26) or: Salad with Turkey Ham & Cheese (20) or: Beef Sloppy Joe on WW Bun(34) or: Turkey & American Cheese Sub (32) Diced Potatoes(15) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>17 576:1233:75</p>	<p>Pizza Slice(34) or: Salad with Turkey, Turkey Ham and Cheese (20) or: Philly Steak & Cheese Sub (31) Baby Carrots w/ Ranch(5) Fresh Clementine (9) 1% White or FF Flavored Milk(19)</p> <p>18 589:1160:67</p>	<p>Chicken & Bean Burrito with WW Tortilla (36) or: Beef Hot Dog on WW Bun(22) or: Salad with Chicken & Cheese (19) or: Turkey Ham and Swiss Sub (31) Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>19 629:1083:98</p>	<p>Sweet & Sour Chicken over Brown Rice w/WW Dinner Roll(33) or: Breaded Chicken Patty on WW Bun(40) or: Salad with Turkey & Cheese (20) or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) (30) Stir Fry Vegetables (6) Fresh Apple(19)</p> <p>20 651:492:107</p>	<p>21 Half Day - No Lunch</p>	<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>	<p>27 No School</p>	<p>28 No School</p>	<p>31 No School</p>				
<p>Chicken Fajita Sub on WG Bun(33) or: Salad with Turkey Ham & Cheese (20) or: Beef Sloppy Joe on WW Bun(34) or: Turkey & American Cheese Sub (32) Baked Beans(27) Fresh Orange(19) 1% White or FF Flavored Milk(19)</p> <p>10 621:1177:99</p>	<p>Pizza Slice(34) or: Salad with Turkey, Turkey Ham and Cheese (20) or: Philly Steak & Cheese Sub (31) Fresh Broccoli & Ranch Dressing(2) Mixed fruit(17) 1% White or FF Flavored Milk(19)</p> <p>11 606:1142:73</p>	<p>Turkey Chorizo & Cheese Nachos with WG Corn Chips(36) or: Beef Hot Dog on WW Bun(22) or: Salad with Chicken & Cheese (19) or: Turkey Ham and Swiss Sub (31) Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>12 681:1549:85</p>	<p>Meatballs & Gravy with WW Dinner Roll(22) or: Breaded Chicken Patty on WW Bun(40) or: Salad with Turkey & Cheese (20) or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) (30) Baked Green Beans(4) Fresh Apple(19)</p> <p>13 454:811:64</p>	<p>Meat Loaf w/ WW Dinner Roll(25) or: Chicken Nuggets w/ Goldfish Crackers(30) or: Salad with Turkey Ham, Egg and Cheese(20) or: Chicken & Cheddar Sub (29) Mashed Potato(15) Diced Pears(14)</p> <p>14 524:1234:73</p>	<p>Turkey Burger on WW Bun(26) or: Salad with Turkey Ham & Cheese (20) or: Beef Sloppy Joe on WW Bun(34) or: Turkey & American Cheese Sub (32) Diced Potatoes(15) Diced Peaches(14) 1% White or FF Flavored Milk(19)</p> <p>17 576:1233:75</p>	<p>Pizza Slice(34) or: Salad with Turkey, Turkey Ham and Cheese (20) or: Philly Steak & Cheese Sub (31) Baby Carrots w/ Ranch(5) Fresh Clementine (9) 1% White or FF Flavored Milk(19)</p> <p>18 589:1160:67</p>	<p>Chicken & Bean Burrito with WW Tortilla (36) or: Beef Hot Dog on WW Bun(22) or: Salad with Chicken & Cheese (19) or: Turkey Ham and Swiss Sub (31) Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)</p> <p>19 629:1083:98</p>	<p>Sweet & Sour Chicken over Brown Rice w/WW Dinner Roll(33) or: Breaded Chicken Patty on WW Bun(40) or: Salad with Turkey & Cheese (20) or: Italian Sub (Turkey Ham, Turkey Salami, Provolone) (30) Stir Fry Vegetables (6) Fresh Apple(19)</p> <p>20 651:492:107</p>	<p>21 Half Day - No Lunch</p>	<p>24 No School</p>	<p>25 No School</p>	<p>26 No School</p>	<p>27 No School</p>	<p>28 No School</p>	<p>31 No School</p>									
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Thought for Thought
Happiness is not a destination. It is a method of life. -
Burton Hills

Tips & Information

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
AvgCals:626 AvgSod(mg):1123 AvgCarbs(g):84
"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.

