



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pizza Slice(34)</b> Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)  615:1125:73 <b>1</b>	<b>Chicken in Gravy w/ WW Dinner Roll(16)</b> Mashed Potato(15) Mixed fruit(17) 1% White or FF Flavored Milk(19)  480:849:67 <b>2</b>	<b>Walking Taco w/ WG Corn Chips(27)</b> Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)  657:1039:89 <b>3</b>	<b>Macaroni &amp; Cheese with WG Dinner Roll (49)</b> Baked Green Beans(2) Diced Peaches(14) 1% White or FF Flavored Milk(19)  554:1301:85 <b>4</b>	<b>Cheeseburger Meatloaf on WW Bun (32)</b> Diced Roasted Sweet Potatoes (16) Fresh Orange(19) 1% White or FF Flavored Milk(19)  589:925:86 <b>5</b>
<b>No School</b>  8	<b>Chicken Fries w/ BBQ Sauce and WG</b> Baked Beans(27) Mixed fruit(17) 1% White or FF Flavored Milk(19)  658:1041:97 <b>9</b>	<b>Chicken Soft Taco on Wheat Tortilla with WG</b> Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)  750:1008:99 <b>10</b>	<b>Cheeseburger Mac w/ WW Dinner Roll(38)</b> Romaine w/ Dressing(1) Fresh Apple(19) 1% White or FF Flavored Milk(19)  769:1304:77 <b>11</b>	<b>Hot Philly Steak &amp; Cheese Sub(33)</b> Potato Wedges(16) Diced Peaches(14) 1% White or FF Flavored Milk(19)  582:1049:82 <b>12</b>
<b>Pizza Slice(34)</b> Fresh Broccoli & Ranch Dressing(2) Fresh Orange(19) 1% White or FF Flavored Milk(19)  626:1132:75 <b>15</b>	<b>Meat Loaf w/ WW Dinner Roll(25)</b> Mashed Potato(15) Mixed fruit(17) 1% White or FF Flavored Milk(19)  534:1244:76 <b>16</b>	<b>Turkey Chorizo &amp; Cheese Nachos with WG Corn</b> Mexican Salsa(6) Fresh Banana(23) 1% White or FF Flavored Milk(19)  681:1549:85 <b>17</b>	<b>Meatballs &amp; Gravy with WW Dinner Roll(22)</b> Baked Green Beans(2) Fresh Apple(19) 1% White or FF Flavored Milk(19)  446:810:62 <b>18</b>	<b>Chicken Fajita Sub(34)</b> Baked Beans(27) Diced Pears(14) 1% White or FF Flavored Milk(19)  601:1177:95 <b>19</b>
<b>Pizza Slice(34)</b> Baby Carrots w/ Ranch(5) Diced Peaches(14) 1% White or FF Flavored Milk(19)  607:1166:72 <b>22</b>	<b>Texas Chili w/ Cornbread(41)</b> Romaine w/ Dressing(1) Mixed fruit(17) 1% White or FF Flavored Milk(19)  662:878:78 <b>23</b>	<b>Chicken &amp; Bean Burrito with WW Tortilla (36)</b> Mexican Pinto Beans(19) Fresh Banana(23) 1% White or FF Flavored Milk(19)  629:1083:98 <b>24</b>	<b>Sweet &amp; Sour Chicken over Brown Rice</b> Stir Fry Vegetables (6) Fresh Apple(19) 1% White or FF Flavored Milk(19)  651:492:107 <b>25</b>	<b>Turkey Burger on WW Bun(26)</b> Diced Potatoes(15) Diced Pears(14) 1% White or FF Flavored Milk(19)  573:1227:75 <b>26</b>
<b>Pizza Slice(34)</b> Fresh Broccoli & Ranch Dressing(2) Fresh Apple(19) 1% White or FF Flavored Milk(19)  618:1132:75 <b>29</b>	<b>Chicken Strips w/ WG Goldfish Crackers(31)</b> Diced Potatoes(15) Mixed fruit(17) 1% White or FF Flavored Milk(19)  555:856:82 <b>30</b>	<b>Beef Soft Taco on WW Tortilla w/ Spanish Brown</b> Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)  Happy Halloween! 725:959:99 <b>31</b>	615:1125:73	615:1125:73



Thought for Thought

Let a man avoid evil deeds as a man who loves life avoids poison. - Buddha

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

9/28/2018 1:14:02 PM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:616 AvgSod(mg):1066 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.

