



| Monday                                                                                                                                            | Tuesday                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                   | Friday                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pizza Slice(34)</b><br><br>Romaine w/ Dressing(2)<br>Fresh Apple(19)<br>1% White or FF Flavored Milk(19)<br><br>735:1375:74 <b>1</b>           | <b>Chicken in Gravy w/ WW Dinner Roll(16)</b><br>or: Beef Sloppy Joe on WW Bun(34)<br>Mashed Potato(15)<br>Mixed fruit(17)<br>1% White or FF Flavored Milk(19)<br><br>480:849:67 <b>2</b>           | <b>Walking Taco w/ WG Corn Chips(27)</b><br>or: Chicken Nuggets w/ Goldfish Crackers(30)<br>Mexican Pinto Beans(19)<br>Fresh Banana(23)<br>1% White or FF Flavored Milk(19)<br><br>657:1039:89 <b>3</b>                                        | <b>Macaroni &amp; Cheese with WG Dinner Roll (49)</b><br>or: Beef Hot Dog on WW Bun(22)<br>Baked Green Beans(2)<br>Diced Peaches(14)<br>1% White or FF Flavored Milk(19)<br><br>554:1301:85 <b>4</b>       | <b>Cheesburger Meatloaf on WW Bun (32)</b><br>or: Breaded Chicken Patty on WW Bun(40)<br>Diced Roasted Sweet Potatoes (16)<br>Fresh Orange(19)<br>1% White or FF Flavored Milk(19)<br><br>589:925:86 <b>5</b> |
| <b>No School</b><br><br>8                                                                                                                         | <b>Chicken Fries w/ BBQ Sauce and WG</b><br>or: Beef Sloppy Joe on WW Bun(34)<br>Baked Beans(27)<br>Mixed fruit(17)<br>1% White or FF Flavored Milk(19)<br><br>658:1041:97 <b>9</b>                 | <b>Chicken Soft Taco on Wheat Tortilla with WG</b><br>or: Beef Hot Dog on WW Bun(22)<br>Tossed Salad with Ranch(3)<br>Fresh Banana(23)<br>1% White or FF Flavored Milk(19)<br><br>1040:1258:137 <b>10</b>                                      | <b>Cheesburger Mac w/ WW Dinner Roll(38)</b><br>or: Chicken Nuggets w/ Goldfish Crackers(30)<br>Romaine w/ Dressing(2)<br>Fresh Apple(19)<br>1% White or FF Flavored Milk(19)<br><br>949:1583:78 <b>11</b> | <b>Hot Philly Steak &amp; Cheese Sub(33)</b><br>or: Breaded Chicken Patty on WW Bun(40)<br>Potato Wedges(16)<br>Diced Peaches(14)<br>1% White or FF Flavored Milk(19)<br><br>582:1049:82 <b>12</b>            |
| <b>Pizza Slice(34)</b><br>Fresh Broccoli & Ranch Dressing(3)<br>Fresh Orange(19)<br>1% White or FF Flavored Milk(19)<br><br>746:1382:76 <b>15</b> | <b>Meat Loaf w/ WW Dinner Roll(25)</b><br>or: Chicken Nuggets w/ Goldfish Crackers(30)<br>Mashed Potato(15)<br>Mixed fruit(17)<br>1% White or FF Flavored Milk(19)<br><br>534:1244:76 <b>16</b>     | <b>Turkey Chorizo &amp; Cheese Nachos with WG Corn</b><br>or: Beef Hot Dog on WW Bun(22)<br>Mexican Salsa(6)<br>Fresh Banana(23)<br>1% White or FF Flavored Milk(19)<br><br>681:1549:85 <b>17</b>                                              | <b>Meatballs &amp; Gravy with WW Dinner Roll(22)</b><br>or: Breaded Chicken Patty on WW Bun(40)<br>Baked Green Beans(2)<br>Fresh Apple(19)<br>1% White or FF Flavored Milk(19)<br><br>446:810:62 <b>18</b> | <b>Chicken Fajita Sub(34)</b><br>or: Beef Sloppy Joe on WW Bun(34)<br>Baked Beans(27)<br>Diced Pears(14)<br>1% White or FF Flavored Milk(19)<br><br>601:1177:95 <b>19</b>                                     |
| <b>Pizza Slice(34)</b><br>Baby Carrots w/ Ranch(6)<br>Diced Peaches(14)<br>1% White or FF Flavored Milk(19)<br><br>727:1416:73 <b>22</b>          | <b>Texas Chili w/ Cornbread(76)</b><br>or: Chicken Nuggets w/ Goldfish Crackers(30)<br>Romaine w/ Dressing(2)<br>Mixed fruit(17)<br>1% White or FF Flavored Milk(19)<br><br>1028:1357:115 <b>23</b> | <b>Chicken &amp; Bean Burrito with WW Tortilla (36)</b><br>or: Beef Hot Dog on WW Bun(22)<br>Mexican Pinto Beans(19)<br>Fresh Banana(23)<br>1% White or FF Flavored Milk(19)<br><br>629:1083:98 <b>24</b>                                      | <b>Sweet &amp; Sour Chicken over Brown Rice</b><br>or: Breaded Chicken Patty on WW Bun(40)<br>Stir Fry Vegetables (6)<br>Fresh Apple(19)<br>1% White or FF Flavored Milk(19)<br><br>821:492:144 <b>25</b>  | <b>Turkey Burger on WW Bun(26)</b><br>or: Beef Sloppy Joe on WW Bun(34)<br>Diced Potatoes(15)<br>Diced Pears(14)<br>1% White or FF Flavored Milk(19)<br><br>573:1227:75 <b>26</b>                             |
| <b>Pizza Slice(34)</b><br>Fresh Broccoli & Ranch Dressing(3)<br>Fresh Apple(19)<br>1% White or FF Flavored Milk(19)<br><br>738:1382:76 <b>29</b>  | <b>Chicken Strips w/ WG Goldfish Crackers(31)</b><br>or: Beef Sloppy Joe on WW Bun(34)<br>Diced Potatoes(15)<br>Mixed fruit(17)<br>1% White or FF Flavored Milk(19)<br><br>555:856:82 <b>30</b>     | <b>Beef Soft Taco on WW Tortilla w/ Spanish Brown</b><br>or: Chicken Nuggets w/ Goldfish Crackers(30)<br>Tossed Salad with Ranch(3)<br>Fresh Banana(23)<br>1% White or FF Flavored Milk(19)<br><br>Happy Halloween!<br>1070:1314:137 <b>31</b> | 735:1375:74                                                                                                                                                                                                | 735:1375:74                                                                                                                                                                                                   |



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 1:11:32 PM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:702 AvgSod(mg):1185 AvgCarbs(g):89  
 "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.

