



Monday	Tuesday	Wednesday	Thursday	Friday
Trix Cereal Animal Grahams Criasins 100% Juice(87)1% White or FF Chocolate Milk(14) 3 512:400:101	Cocoa Krispie Cereal Bar Vanilla Wafers 100% Juice Fruit Cup (61)1% White or FF Chocolate Milk(14) 4 462:370:75	WG Bagel with Cream Cheese Fresh Apple (49)1% White or FF Chocolate Milk(14) 5 504:500:63	Froot Loops Cereal Bar Goldfish Grahams Fresh Orange 100% Juice (83)1% White or FF Chocolate Milk(14) 6 512:365:97	WG Goody Bun 100 % Juice Fresh Banana (72)1% White or FF Chocolate Milk(14) 7 501:395:86
Golden Grahams Cereal Animal Grahams Fruit Cup 100% Juice (59)1% White or FF Chocolate Milk(14) 10 402:480:73	Breakfast Nutrition Bar Fruit Cup 100% Juice (66)1% White or FF Chocolate Milk(14) 11 462:230:80	WG Bagel with Cream Cheese Fresh Apple (49)1% White or FF Chocolate Milk(14) 12 504:500:63	WG Banana Muffin Mini Vanilla Wafers 100% Juice Fresh Orange (84)1% White or FF Chocolate Milk(14) 13 592:340:98	WG Breakfast Ring 100% Juice Fresh Banana (67)1% White or FF Chocolate Milk(14) 14 <i>Valentine's Day</i> 491:405:81
17 No School Cinnamon Toast Crunch Cereal Animal Grahams Fruit Cup 100 % Juice (57)1% White or FF Chocolate Milk(14) 24 402:420:71	Butterscotch Oatmeal Bar Goldfish Grahams Fruit Cup 100% Juice (60)1% White or FF Chocolate Milk(14) 18 452:360:74 Mixed Berry Rice Krispie Cereal Bar Vanille Wafers Fruit Cup 100% Juice(61)1% White or FF Chocolate Milk(14) 25 452:335:75	Granola Packet Fresh Apple (56)Dannon Nonfat Creamy Yogurt (14) 1% White or FF Chocolate Milk(14) 19 494:255:84 WG Bagel with Cream Cheese Fresh Apple (49)1% White or FF Chocolate Milk(14) 26 504:500:63	Double Chocolate Muffin Animal Grahams Fresh Orange 100% Juice(81)1% White or FF Chocolate Milk(14) 20 552:365:95 Nutri-grain Bar WG Vanilla Wafers Fresh Orange 100% Juice (83)1% White or FF Chocolate Milk(14) 27 552:369:97	Cinnabar Fresh Banana 100% Juice (83)1% White or FF Chocolate Milk(14) 21 541:405:97 Raspberry Bar 100% Juice Fresh Banana (83)1% White or FF Chocolate Milk(14) 28 541:405:97

Happy
Valentine's
Day

Thought for Thought

A painter told me that nobody could draw a tree without in some sort becoming a tree, or draw a child by studying the outlines of its form merely . . . but by watching for a time his motions and plays, the painter enters into his nature and

Tips & Information

1/9/2020 4:25:31 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:496 AvgSod(mg):389 AvgCarbs(g):)82

"or." = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.



Menu Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Burger on WG Bun or: Beef Hot Dog on WW Bun Baked Beans Diced Peaches 1% White or FF Flavored Milk	Cheeseburger Mac w/ WW Dinner Roll or: Chicken Nuggets w/ Goldfish Crackers Baby Carrots w/ Ranch Fresh Apple 1% White or FF Flavored	Turkey Chorizo & Nachos w/ WG Chips or: Beef Sloppy Joe on WW Bun Tossed Salad with Ranch Mandarin Orange 1% White or FF Flavored	Packaged Pepperoni Pizza Square or: Cheezy Breadsticks Fresh Broccoli Florets w/ Ranch Dressing Fresh Banana 1% White or FF Flavored	Meatballs & Gravy with WW Dinner Roll or: Breaded Chicken Patty on WW Bun Seasoned Corn Pineapple Tidbits 1% White or FF Flavored
3	4	5	6	7
Chicken Fajita Sub on WG Bun or: Beef Hot Dog on WW Bun Baked Beans Diced Peaches 1% White or FF Flavored Milk	Texas Chili w/ Cornbread or: Chicken Nuggets w/ Goldfish Crackers Seasoned Corn Fresh Banana 1% White or FF Flavored	Walking Taco w/ WG Corn Chips or: Chicken Nuggets w/ Goldfish Crackers Romaine w/ Dressing Fresh Banana 1% White or FF Flavored	Packaged Pepperoni Pizza Square or: Cheezy Breadsticks Baby Carrots w/ Ranch Fresh Banana 1% White or FF Flavored Milk	WG Waffle Chicken Chunk w/ Roll String Cheese or: Beef Sloppy Joe on WW Bun Seasoned Greens Fruit mix <i>Valentine's Day</i>
10	11	12	13	14
No School	Meat Loaf w/ WW Dinner Roll or: Chicken Nuggets w/ Goldfish Crackers Diced Potatoes Fresh Apple 1% White or FF Flavored	Beef & Cheese Nachos w/ WG Corn Chips or: Turkey Burger on WG Bun Romaine w/ Dressing Mandarin Orange 1% White or FF Flavored	Packaged Pepperoni Pizza Square or: Cheezy Breadsticks Baby Carrots w/ Ranch Fresh Banana 1% White or FF Flavored Milk	Chicken Strips w/ WG Goldfish Crackers or: Beef Hot Dog on WW Bun Green Beans Fruit mix 1% White or FF Flavored Milk
17	18	19	20	21
BBQ Beef Rib Patty on WW Bun or: Breaded Chicken Patty on WW Bun Seasoned Corn Diced Peaches 1% White or FF Flavored	Popcorn Chicken w/ WG Crackers or: Beef Hot Dog on WW Bun Baked Beans Fresh Banana 1% White or FF Flavored Milk	Bf Soft Taco on WW Tortilla w/ WG Rice or: Chicken Nuggets w/ Goldfish Crackers Romaine w/ Dressing Fresh Apple 1% White or FF Flavored	Packaged Pepperoni Pizza Square or: Cheezy Breadsticks Baby Carrots w/ Ranch Fresh Banana 1% White or FF Flavored Milk	Chicken Penne w/ WG Dinner Roll or: Beef Sloppy Joe on WW Bun Green Beans Orange Juice 1% White or FF Flavored
24	25	26	27	28

Happy
Valentine's
Day

Thought for Thought

Everyone thinks of changing the world, but no one thinks of changing himself. - Leo Tolst

Tips & Information

1/23/2020 2:53:21

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Menu Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
RF Nacho-Cheese Doritos (20) 100% Tropical Punch Juice Box(25) 3 235:215:45	Mighty Tiny Graham Grips (20) 100% Orange Tangerine Juice Box(25) 4 225:95:45	WG Harvest Cheddar Sunchips 100% Apple Juice Box(25) 5 245:215:44	WG Cheez Its(23) 100% Grape Juice Box(25) 6 225:85:48	Animal Crackers(23) 100% Tropical Punch Juice Box(25) 7 225:85:48
Cookies and Cream Granola Bar (29) 100% Orange Tangerine Juice Box(25) 10 255:150:54	Quaker Snack Mix (17) 100% Apple Juice Box(25) 11 215:195:42	Grips Chocolate Chip Graham's(20) 100% Grape Juice Box(25) 12 225:95:45	WG Cheetos Puffs (14) 100% Tropical Punch Juice Box(25) 13 195:150:39	Animal Crackers(23) 100% Orange Tangerine Juice Box(25) 14 <i>Valentine's Day</i> 225:85:48
No School 17 WG Pretzels (15) 100% Grape Juice Box(25) 24 185:215:40	WG Garden Salsa Sunchips (18) 100% Grape Juice Box(25) 18 245:165:43 RF Cool Ranch Doritos(20) 100% Tropical Punch Juice Box(25) 25 235:165:45	Grips Chocolate Chip Graham's(20) 100% Tropical Punch Juice Box(25) 19 225:95:45 Chocolate Elf Graham's(20) 100% Orange Tangerine Juice Box(25) 26 225:95:45	WG Cheetos Puffs (14) 100% Orange Tangerine Juice Box(25) 20 195:150:39 Simply Chex Cheddar (20) 100% Apple Juice Box(25) 27 215:150:45	Animal Crackers(23) 100% Apple Juice Box(25) 21 225:85:48 Animal Crackers(23) 100% Grape Juice Box(25) 28 225:85:48

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Tips & Information

1/9/2020 4:25:55 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:223 AvgSod(mg):135 AvgCarbs(g):45

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