



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheeseburger Meatloaf on WW Bun</b> Baked Beans(280) Diced Pears(14) 1% White or FF Flavored Milk(18) 1558:1191:344 <b>2</b>	<b>Chef Salad(1)</b> Romaine w/ Dressing(1) Whole Wheat Pita Bread(34) Fresh Orange(19) 1% White or FF Flavored Milk(18) 617:1273:74 <b>3</b>	<b>Walking Taco w/ WG Corn Chips(29)</b> Corn O'Brien(11) Fresh Banana(23) 1% White or FF Flavored Milk(18) 590:759:82 <b>4</b>	<b>WG Pepperoni Pizza Slice(31)</b> Baby Carrots w/ Ranch(5) Diced Peaches(14) 1% White or FF Flavored Milk(18) 489:1089:68 <b>5</b>	<b>Chicken Penne w/ WG Breadstick(33)</b> Baked Green Beans(2) Fresh Apple(19) 1% White or FF Flavored Milk(18) 531:685:73 <b>6</b>
<b>All-American Hamburger on WW</b> Baked Beans(280) Mixed fruit(17) 1% White or FF Flavored Milk(18) 1633:1344:345 <b>9</b>	<b>Crispy Popcorn Chicken w/ WG</b> Potato Wedges(16) Diced Pears(14) 1% White or FF Flavored Milk(18) 543:590:76 <b>10</b>	<b>Teriyaki Beef Dippers with WG</b> Baked Green Beans(2) Fresh Banana(23) 1% White or FF Flavored Milk(18) 504:1680:75 <b>11</b>	<b>WG Pepperoni Pizza Slice(31)</b> Baby Carrots w/ Ranch(5) Diced Peaches(14) 1% White or FF Flavored Milk(18) 489:1089:68 <b>12</b>	<b>Sweet &amp; Sour Chicken</b> Steamed Broccoli(2) Fresh Apple(19) 1% White or FF Flavored Milk(18) 583:514:90 <b>13</b>
<b>Oven Baked Chicken Nuggets w/ Goldfish</b> Baked Beans(280) Mixed fruit(17) 1% White or FF Flavored Milk(18) 1563:1086:345 <b>16</b>	<b>Italian Meatball Sub(39)</b> Baked Green Beans(2) Fresh Orange(19) 1% White or FF Flavored Milk(18) 611:1006:79 <b>17</b>	<b>Chicken Soft Taco on Wheat Tortilla(18)</b> Corn O'Brien(11) Fresh Banana(23) 1% White or FF Flavored Milk(18) 496:747:71 <b>18</b>	<b>WG Pepperoni Pizza Slice(31)</b> Baby Carrots w/ Ranch(5) Diced Peaches(14) 1% White or FF Flavored Milk(18) 486:1083:68 <b>19</b>	<b>Baked Mostaccioli(24)</b> Romaine w/ Dressing(1) Dinner Roll(15) Fresh Apple(19) 1% White or FF Flavored Milk(18) 759:742:78 <b>20</b>
<b>Beef Soft Taco on WW Tortilla(19)</b> Mexican Pinto Beans(19) Diced Peaches(14) 1% White or FF Flavored Milk(18) 511:1026:71 <b>23</b>	<b>Grilled Chicken Salad(1)</b> Tossed Salad with Ranch(2) Whole Wheat Pita Bread(34) Mixed fruit(17) 1% White or FF Flavored Milk(18) 708:1128:73 <b>24</b>	<b>Baked Savory Meat Loaf w/ WW Dinner</b> Mashed Potato(15) Fresh Banana(23) 1% White or FF Flavored Milk(18) 562:1229:81 <b>25</b>	<b>WG Pepperoni Pizza Slice(31)</b> Baby Carrots w/ Ranch(5) Diced Peaches(14) 1% White or FF Flavored Milk(18) 486:1083:68 <b>26</b>	<b>Asian Chicken(10)</b> Steamed Broccoli(2) WG Brown Rice(37) Fresh Apple(19) 1% White or FF Flavored Milk(18) 546:1143:87 <b>27</b>
<b>Grilled Chicken Breast on WW</b> Baked Beans(280) Diced Peaches(14) 1% White or FF Flavored Milk(18) 1496:1392:346 <b>30</b>	<b>BBQ Beef Rib Patty on Bun(35)</b> Seasoned Greens(4) Fresh Orange(19) 1% White or FF Flavored Milk(18) Happy Halloween! 543:1100:76 <b>31</b>			



Thought for Thought

The only calendar I need is just outside my window. With eyes to see and ears to hear, nature keeps me posted. - Alfred A. Montapert

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.

9/14/2017 5:44:21 PM  
 Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ( )  
 AvgCals:741 AvgSod(mg):1044 AvgCarbs(g):124  
 "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.

