



Lunch	
Prices for 2018/2019:	
\$2.45 Paid	
\$.40 Reduced	
\$.30 Milk	
\$7.45 Adult	

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 Baked Chicken Wow & J sandwich MASHED POTATOES CARROTS Fruit, canned, asst. FRESH FRUIT MILK - Variety Teddy Grahams GOLDFISH CRACKERS	4 HOT MEATBALL SUB Wow & J sandwich GREEN BEANS YELLOW BEANS Fruit, canned, asst. FRESH FRUIT MILK - Variety	5 CHICKEN NUGGETS Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst. FRESH FRUIT MILK - Variety Teddy Grahams GOLDFISH CRACKERS	6 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich BROCCOLI CORN Fruit, canned, asst. FRESH FRUIT Pudding MILK - Variety	7 Hot Dog on a Bun Wow & J sandwich Baked beans Assorted veges Fruit, canned, asst. FRESH FRUIT JELL-O Teddy Grahams MILK - Variety	Cal 633 T.Fat 20.86 G S.Fat 6.8 G Chol 53.3 Mg Sodm 813.20 Mg Carb 85.87 G Fiber 7.5 G Prtn 29.24 G Iron 4.21 Mg Calc 497.60 Mg
10 CHEESEBURGER ON A BUN HAMBURGER ON A BUN Wow & J sandwich CARROTS YELLOW BEANS Fruit, canned, asst. FRESH FRUIT MILK - Variety	11 SPAGHETTI AND MEATBALLS Wow & J sandwich ROLLS W.W. GREEN BEANS PEAS Fruit, canned, asst. FRESH FRUIT MILK - Variety	12 CHICKEN BURGER Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst. FRESH FRUIT MILK - Variety	13 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich SALAD, TOSSED CORN Fruit, canned, asst. FRESH FRUIT Pudding MILK - Variety	14 NACHOS Wow & J sandwich Baked beans CORN Fruit, canned, asst. FRESH FRUIT MILK - Variety	Cal 718 T.Fat 23.11 G S.Fat 7.9 G Chol 54.5 Mg Sodm 1032.77 Mg Carb 99.41 G Fiber 9.1 G Prtn 31.99 G Iron 3.87 Mg Calc 549.96 Mg
17 SLOPPY JOE ON A ROLL Wow & J sandwich CARROTS Baked beans Fruit, canned, asst. FRESH FRUIT MILK - Variety	18 TOASTED CHEESE SANDWICH Wow & J sandwich Soup, tomato PEAS YELLOW BEANS Fruit, canned, asst. FRESH FRUIT MILK - Variety Crasins	19 CHICKEN NUGGETS Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst. FRESH FRUIT MILK - Variety Teddy Grahams GOLDFISH CRACKERS	20 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich SALAD, TOSSED CORN Fruit, canned, asst. FRESH FRUIT Pudding MILK - Variety	21 HAM SANDWICH HAM & CHEESE SANDWICH Wow & J sandwich Veggie cup & dip Fruit, canned, asst. Crasins FRESH FRUIT MILK - Variety	Cal 669 T.Fat 19.16 G S.Fat 6.0 G Chol 43.9 Mg Sodm 1264.83 Mg Carb 97.96 G Fiber 9.4 G Prtn 29.25 G Iron 3.90 Mg Calc 525.89 Mg

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This menu is subject to change without notice