

Lunch **Elementary**

Announcements:

Have a milk allerov? No worries!! Lactose Free milk is now available! Contact the school nurse if your child needs allergy food accommodations.





Follow us on Facebook **WSISD Child Nutrition**

BearPack is Grape or Strawberry **Uncrustable with Cheese Stick** and Pretzels. Students must also choose a fruit and/or vegetable. Baked Potatoes are served with whole grain roll or breadstick.

To view our monthly menus, meal prices, charge policy, nutrition and allergy information, and free/ reduced meal program guidelines go to www.wsisd.com Download the app or visit www.schoolcafe.com Please call the Child Nutrition office if you have any questions 817-367-1310



TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER**

This institution is an equal opportunity provider. Menus are subject to change.

Monday Tuesday Wednesday **Thursday** 4 **Beef Tamales Grilled Cheese** Chicken Sandwich French Bread Cheese Pizza **Steak Fingers** Baked Potato w/ Cheese Chef Salad w/Turkey BearPack Baked Potato w/ Cheese **Fish Nuggets BearPack BearPack Turkey & Cheese Sandwich Turkey & Cheese Sandwich** Chef Salad w/ Turkey Sandwich Salad Garden Salad Lettuce & Diced Tomatoes Vegetable Soup **Turkey & Cheese Sandwich** Emoji Fries Sliced Cucumbers Veggie Beans Refried Beans Hushpuppies Fruit Fruit Jicama Sticks Fruit **Glazed Carrots** Milk Red Grapefruit Milk Milk Mashed Potatoes Fruit Fruit Milk Milk 10 11 Chicken & Waffle Corn Dog Walking Doritos Beef Taco Scrambled Egg w/ Cheese, Chef Salad w/ Turkey Baked Potato w/ Cheese Chef Salad w/Turkey Pancakes and Sausage Link **Turkey & Cheese Sandwich BearPack BearPack BearPack** Glazed Carrots Corn Lettuce & Diced Tomatoes **Turkey & Cheese Sandwich** Broccoli Veggie Beans Corn & Black Beans **Roasted Potatoes** Fruit & Milk Fruit Peppers & Onions Fruit Milk Milk Fruit Bonus Brownie! Milk 19 18 No School Chili w/ Fritos **Chicken Faiitas** Pizza Slice- Cheese or Hamburger/Cheeseburger Baked Potato w/ Cheese Chef Salad w/Turkey **BearPack** Pepperoni BearPack Baked Potato w/ Cheese BearPack **Turkey & Cheese Sandwich Baby Carrots** Peppers & Onions Sandwich Salad **Turkey & Cheese Sandwich** Corn & Black Beans Pinto Beans Waffle Fries Red Leaf Lettuce Salad Did you know lettuce is a member Sliced Cucumbers Fruit Fruit Fruit of the sunflower family? Red Leaf is rich in Vitamin A to Milk Milk Milk Fruit help you maintain good Milk vision! 26 24 **Chicken Nuggets** Lasagna Roll Up **Beef Nachos BBQ Brisket Sandwich** Baked Potato w/ Cheese

Chef Salad w/ Turkey **Turkey & Cheese Sandwich** Whole Grain Roll **Mashed Potatoes** Green Beans

Fruit

Milk

BearPack Garlic Knot Garden Salad Corn Fruit Milk

Chef Salad w/Turkey BearPack Lettuce & Diced Tomatoes Pinto Beans Fruit Milk

BearPack Turkey & Cheese Sandwich Cucumber Salad **Sweet Potato Fries** Fruit Milk

Personal Pizza- Cheese or Pepperoni Baked Potato w/ Cheese **Turkey & Cheese Sandwich** Spinach w/ Mandarins Steamed Broccoli Fruit Milk

Friday

No School

Red Leaf Lettuce