

## **Announcements:**

Have a milk allergy?
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	Friday
3 Chicken & Waffle Chef Salad w/ Turkey Turkey & Cheese Sandwich Glazed Carrots Broccoli Fruit Milk	4 Corn Dog Baked Potato w/ Cheese BearPack Curly Fries Veggie Beans Fruit Milk	Walking Doritos Beef Taco Taco Salad Turkey & Cheese Sandwich Lettuce & Diced Tomatoes Corn Fruit Milk	BBQ Chicken Sandwich Baked Potato w/ Cheese BearPack Cucumber Salad Sweet Potato Fries Fruit Milk	7 Cheese Calzone Chef Salad w/ Chicken BearPack Fish Sandwich Garden Salad Celery Sticks Fruit Milk
10 No School	11 No School	12 No School	13 No School	14 No School
READ	Y, SET			
SP	RING	BREAK	!	
	18 Hamburger/Cheeseburger Baked Potato w/ Cheese BearPack Sandwich Salad Emoji Fries Fruit Milk	Chicken Nachos Taco Salad Turkey & Cheese Sandwich Lettuce & Diced Tomatoes Ranch Beans Fruit Milk	Scrambled Egg w/ Cheese, Baked Potato w/ Cheese Pancakes and Sausage Link BearPack Roasted Potatoes Peppers & Onions Fruit Milk	Pizza Slice— Cheese or Pepperoni Chef Salad w/ Chicken BearPack Fish Sticks Green Bean & Mushroom Medley Sliced Cucumbers Fruit & Milk
Chef Salad w/ Turkey	25 Chicken Sandwich Baked Potato w/ Cheese BearPack Sandwich Salad Veggie Beans Fruit Milk	Beef Nachos Taco Salad Turkey & Cheese Sandwich Lettuce & Diced Tomatoes Pinto Beans Fruit Milk	Hot Dog w/ Chili Baked Potato w/ Cheese BearPack Baby Carrots Curly Fries Fruit Milk	Pizza Rippers Chef Salad w/ Chicken BearPack Fish Sandwich Garden Salad Sliced Cucumbers Fruit Milk
31 Chicken & Waffle Chef Salad w/ Turkey Turkey & Cheese Sandwich Glazed Carrots Broccoli Fruit Milk		Button Mushrooms Harvest Month	Did you know mushrooms are about 90% water? Mushrooms are low in calories and high in protein and Vitamin D. They are heart healthy and make a great meatless option.	