

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**

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 Steak Fingers Mashed Potatoes Green Beans Whole Grain Roll Fruit Milk	4 Macaroni & Cheese Steamed Broccoli Fruit Milk	5 Chicken Soft Taco Ranch Style Beans Fruit Milk	6 Chicken Nuggets Glazed Carrots Waffle Fries Fruit Milk	7 Pizza Rippers Corn Fruit Milk
	No School Y, SET RING	No School BREAK	13 No School	14 No School
17 No School	18 Mini Corn Dogs Veggie Beans Emoji Fries Fruit Milk	19 Beef Soft Taco Pinto Beans Fruit Milk	20 Hamburger/Cheeseburger Peas & Carrots Crinkle Fries Fruit Milk	21 Pizza Slice Green Bean & Mushroom Medley Fruit Milk
24 Chicken Tenders Macaroni & Cheese Steamed Broccoli Fruit Milk	25 Grilled Cheese Vegetable Soup Emoji Fries Fruit Milk	26 Beef Soft Taco Pinto Beans Fruit Milk	27 Chicken Sandwich Sweet Potato Fries Fruit Milk	Turkey Spaghetti Green Beans Fruit Milk
31 Steak Fingers Mashed Potatoes Green Beans Whole Grain Roll 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.	