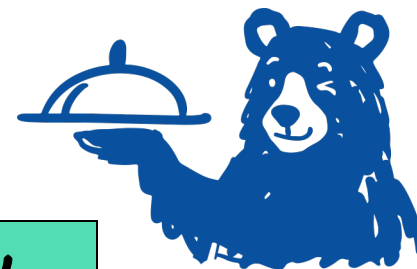

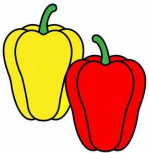





## Lunch—Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
4	5  <b>Bell Peppers</b>	6 <div>Did you know bell peppers were given their name by Christopher Columbus and Spanish explorers who were looking for peppercorn to make black pepper?! They are full of Vitamins A, C, K, Manganese and B6 which helps with brain development.</div>	7	8 
11 	12	13 <b>Beef Tamales or Bean Burrito</b> <b>Baked Potato w/ Cheese</b> <b>Turkey &amp; Cheese Sandwich</b> Corn & Black Bean Fiesta Lettuce & Diced Tomatoes Pineapple Mandarin Oranges	14 <b>Lasagna Rollup w/ Breadstick</b> <b>Taco Salad</b> <b>Turkey &amp; Cheese Sandwich</b> Green Beans Corn Banana Blue Raspberry Applesauce	15 <b>Wild Mike's Pizza Slice</b> <b>cheese or pepperoni</b> <b>Baked Potato w/ Cheese</b> <b>BearPack</b> Glazed Carrots Lil' Caesar Salad Watermelon Tropical Fruit Cup
18 <b>Chicken Nuggets</b> <b>Caesar Salad w/ Grilled Chicken</b> <b>Ham &amp; Cheese Sandwich</b> Waffle Fries Cucumber Slices Grapefruit Apple Slices	19 <b>Hamburger/Cheeseburger</b> <b>Chef Salad w/Breaded Chicken</b> <b>BearPack</b> Smiley Fries Sandwich Salad Honeydew Applesauce- Watermelon	20 <b>Chicken Soft Taco</b> <b>Baked Potato w/ Cheese</b> <b>Ham &amp; Cheese Sandwich</b> Peppers & Onions Corn & Black Bean Fiesta Orange Slices w/ Strawberry Pineapple tidbits	21 <b>Fiesta Mac</b> <b>Taco Salad</b> <b>Ham &amp; Cheese Sandwich</b> Ranch Style Beans Baby Carrots Cantaloupe Wawona Pop Mixed Berry	22 <b>Wild Mike's Cheese Bites</b> <b>Baked Potato w/ Cheese</b> <b>BearPack</b> Corn Garden Salad Green Grapes Peach Cup
25 <b>Chicken &amp; Waffle</b> <b>Caesar Salad w/ Grilled Chicken</b> <b>Turkey &amp; Cheese Sandwich</b> Green Beans Baby Carrots Strawberries & Blueberries Craisins	26 <b>Brisket Sandwich</b> <b>Chef Salad w/ Breaded Chicken</b> <b>BearPack</b> Sweet Potato Fries Cucumber Salad Red Grapes Blue Raspberry Sidekick	27 <b>Beef Nachos</b> <b>Baked Potato w/ Cheese</b> <b>Turkey &amp; Cheese Sandwich</b> Pinto Beans Lettuce & Diced Tomatoes Pineapple Mandarin Oranges	28 <b>Breakfast for Lunch -Omelet &amp; 3 pancakes</b> <b>Taco Salad</b> <b>Turkey &amp; Cheese Sandwich</b> Roasted Potatoes Peppers & Onions Banana Peach Applesauce	29 <b>Wild Mike's Pizza Slice</b> <b>cheese or pepperoni</b> <b>Baked Potato w/ Cheese</b> <b>BearPack</b> Spinach & Strawberry Salad Raw Broccoli Watermelon Tropical Fruit Cup

Welcome back! We are so excited to serve you this school year.

All meals are served with a choice of milk: Chocolate, White, or Lactose Free.

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

To view our monthly menus, meal prices, charge policy, nutrition and allergy information, and free/ reduced meal program guidelines go to [www.wsisd.com](http://www.wsisd.com)  
Download the app or visit [www.schoolcafe.com](http://www.schoolcafe.com)

Please call the Child Nutrition office if you have any questions  
**817-367-1310**

Items do not contain pork unless otherwise noted.

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



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**