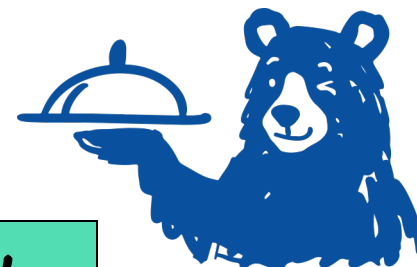




Lunch—Middle



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.

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.wisd.com Download the app or visit www.schoolcafe.com


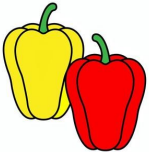

Please call the Child Nutrition office if you have any questions
817-367-1310

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

Monday	Tuesday	Wednesday	Thursday	Friday
4	5  Bell Peppers	6 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.	7	8 
11 	12	13 Chicken Wings w/ Breadstick Beef Nachos Baked Potato w/ Cheese Turkey & Cheese Sandwich Baby Carrots Celery Sticks Pineapple Mandarin Oranges Cup	14 Lasagna Rollup w/ Garlic Knot Spicy / Chicken Sandwich Taco Salad Uncrustable Garden Salad Cauliflower Veggie Blend Banana Blue Raspberry Applesauce	15 Tso's Chicken w/ Brown Rice Pepperoni Pizza Baked Potato w/ Cheese Spinach w/ Mandarins Mixed Veggie Blend Watermelon Tropical Fruit Cup
18 Spicy / Chicken Nuggets Cheese Pizza Caesar Salad w/ Grilled Chicken Ham & Cheese Sandwich Waffle Fries Glazed Carrots Grapefruit Apple Slices	19 Meatball Sub Hamburger/Cheeseburger Chef Salad w/Breaded Chicken Uncrustable Potato Wedges Steamed Broccoli w/ Cheese Honeydew Watermelon Applesauce	20 Chicken Fajitas Beef Nachos Baked Potato w/ Cheese Turkey & Cheese Sandwich Peppers & Onions Corn & Black Bean Fiesta Orange Slices w/ Strawberry Pineapple tidbits Cup	21 Caesar or Buffalo Wrap Spicy / Chicken Sandwich Taco Salad Uncrustable Ranch Style Beans Baby Carrots Cantaloupe Mixed Berry Fruit Pop	22 Teriyaki Chicken w/ Brown Rice Pepperoni Pizza Baked Potato w/ Cheese Spinach w/ Strawberries Vegetable Egg Roll Green Grapes Peach Cup
25 Beef Nuggets Cheese Pizza Caesar Salad w/ Grilled Chicken Ham & Cheese Sandwich Mashed Potatoes w/ Gravy Roasted Corn & Peppers Strawberries & Blueberries Watermelon Craisins	26 Hot Dog w/ Chili Hamburger/Cheeseburger Chef Salad w/Spicy Chicken Uncrustable Baby Carrots Crinkle Fries Red Grapes Blue Raspberry Sidekick	27 Crispitos Beef Nachos Baked Potato w/ Cheese Turkey & Cheese Sandwich Pinto Beans Lettuce & Diced Tomatoes Pineapple Mandarin Oranges Cup	28 Chicken Parmesan Spicy / Chicken Sandwich Taco Salad Uncrustable Garden Salad Green Beans Banana Peach Applesauce	29 Orange Chicken w/ Fried Rice Pepperoni Pizza Baked Potato w/ Cheese Cucumber Slices Raw Broccoli Watermelon Tropical Fruit Cup