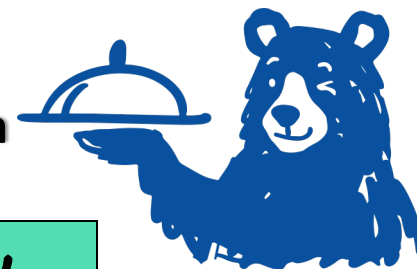

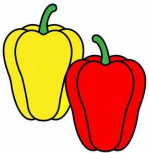





Lunch—West Pre-K & Kindergarten



Monday	Tuesday	Wednesday	Thursday	Friday
4	5  Bell Peppers	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 Beef Soft Taco Baked Potato w/ Cheese Turkey & Cheese Sandwich Corn & Black Bean Fiesta Lettuce & Diced Tomatoes Pineapple Mandarin Oranges	14 Lasagna Rollup w/ Breadstick Turkey & Cheese Sandwich Green Beans Corn Banana Blue Raspberry Applesauce	15 Wild Mike's Pizza Slice cheese or pepperoni Baked Potato w/ Cheese BearPack Glazed Carrots Lil' Caesar Salad Watermelon Tropical Fruit Cup
18 Chicken Nuggets w/ Roll Ham & Cheese Sandwich Waffle Fries Peas & Carrots Grapefruit Apple Slices	19 Hamburger/Cheeseburger BearPack Smiley Fries Sandwich Salad Honeydew Watermelon Applesauce	20 Chicken Soft Taco Baked Potato w/ Cheese Ham & Cheese Sandwich Peppers & Onions Corn & Black Bean Fiesta Orange Slices w/ Strawberry Pineapple Cup	21 Fiesta Mac Ham & Cheese Sandwich Ranch Style Beans Baby Carrots Cantaloupe Mixed Berry Fruit Pop	22 Wild Mike's Cheese Bites Baked Potato w/ Cheese BearPack Corn Garden Salad Green Grapes Peach Cup
25 Chicken & Waffle Turkey & Cheese Sandwich Green Beans Baby Carrots Strawberries & Blueberries Craisins	26 BBQ Chicken Sandwich BearPack Sweet Potato Fries Cucumber Salad Red Grapes Blue Raspberry Sidekick	27 Beef Nachos Baked Potato w/ Cheese Turkey & Cheese Sandwich Pinto Beans Lettuce & Diced Tomatoes Pineapple Mandarin Oranges	28 Breakfast for Lunch -Omelet & 3 pancakes Turkey & Cheese Sandwich Roasted Potatoes Peppers & Onions Banana Peach Applesauce	29 Wild Mike's Pizza Slice cheese or pepperoni Baked Potato w/ Cheese BearPack 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 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