



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| Cheeseburger Meatloaf on WW Bun Baked Beans(291) Diced Pears(14) 1% White or FF Flavored Milk(18) 1619:1366:355 2 | Chef Salad(1) Romaine w/ Dressing(1) Whole Wheat Pita Bread(34) Fresh Orange(19) 1% White or FF Flavored Milk(18) 639:1362:74 3 | Walking Taco w/ WG Corn Chips(29) Corn O'Brien(14) Fresh Banana(23) 1% White or FF Flavored Milk(18) 601:760:85 4 | Chicken Penne w/ WG Breadstick(33) Baked Green Beans(3) Diced Peaches(14) 1% White or FF Flavored Milk(18) 516:691:69 5 | WG Pepperoni Pizza Slice(31) Baby Carrots 3oz(9) Fresh Apple(19) 1% White or FF Flavored Milk(18) 590:960:77 6 |
| All-American Hamburger on WW Baked Beans(291) Mixed fruit(17) 1% White or FF Flavored Milk(18) 1694:1519:356 9 | Crispy Popcorn Chicken w/ WG Potato Wedges(21) Diced Pears(14) 1% White or FF Flavored Milk(18) 576:602:82 10 | Teriyaki Beef Dippers with WG Baked Green Beans(3) Fresh Banana(23) 1% White or FF Flavored Milk(18) 509:1680:76 11 | Sweet & Sour Chicken Fresh Broccoli & Ranch Dressing(6) Diced Peaches(14) 1% White or FF Flavored Milk(18) 694:788:89 12 | WG Pepperoni Pizza Slice(31) Baby Carrots 3oz(9) Fresh Apple(19) 1% White or FF Flavored Milk(18) 590:960:77 13 |
| Oven Baked Chicken Nuggets w/ Goldfish Baked Beans(291) Mixed fruit(17) 1% White or FF Flavored Milk(18) 1624:1261:356 16 | Italian Meatball Sub(39) Baked Green Beans(3) Fresh Orange(19) 1% White or FF Flavored Milk(18) 616:1006:80 17 | Chicken Soft Taco on Wheat Tortilla(18) Corn O'Brien(14) Fresh Banana(23) 1% White or FF Flavored Milk(18) 507:747:74 18 | Baked Mostaccioli(24) Romaine w/ Dressing(1) Dinner Roll(15) Diced Pears(14) 1% White or FF Flavored Milk(18) 742:742:73 19 | WG Pepperoni Pizza Slice(31) Baby Carrots 3oz(9) Fresh Apple(19) 1% White or FF Flavored Milk(18) 590:960:77 20 |
| Beef Soft Taco on WW Tortilla(19) Mexican Pinto Beans(27) Diced Peaches(14) 1% White or FF Flavored Milk(18) 561:1151:79 23 | Grilled Chicken Salad(1) Tossed Salad with Ranch(2) Whole Wheat Pita Bread(34) Mixed fruit(17) 1% White or FF Flavored Milk(18) 713:1132:73 24 | Baked Savory Meat Loaf w/ WW Dinner Mashed Potato(22) Fresh Banana(23) 1% White or FF Flavored Milk(18) 597:1404:89 25 | Asian Chicken(10) Fresh Broccoli & Ranch Dressing(6) WG Brown Rice(37) Diced Pears(14) 1% White or FF Flavored 654:1411:85 26 | WG Pepperoni Pizza Slice(31) Baby Carrots 3oz(9) Fresh Apple(19) 1% White or FF Flavored Milk(18) 590:960:77 27 |
| Grilled Chicken Breast on WW Baked Beans(291) Diced Peaches(14) 1% White or FF Flavored Milk(18) 1557:1567:357 30 | BBQ Beef Rib Patty on Bun(35) Seasoned Greens(4) Fresh Orange(19) 1% White or FF Flavored Milk(18) Happy Halloween! 543:1100:76 31 | | | |



Thought for Thought

The only calendar I need is just outside my window. With eyes to see and ears to hear, nature keeps me posted. - Alfred A. Montapert

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

9/14/2017 5:29:16 PM

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:787 AvgSod(mg):1096 AvgCarbs(g):128
 "or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.