

Cesar Chavez Elementary Martin



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets w/ Goldfish Crackers(30) Baked Beans(32) Fruit mix(17) 1% White or FF Flavored Milk(19)	Beef Sloppy Joe on WW Bun(32) Tossed Salad with Ranch(2) Pineapple Chunks and Juice (23) 1% White or FF Flavored Milk(19)	Beef Hot Dog on WW Bun(22) Romaine w/ Dressing(1) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Breaded Chicken Patty on WW Bun(40) Diced Potatoes(20) Orange Juice(15) 1% White or FF Flavored Milk(19)	Pizza Slice(32) Baby Carrots w/ Ranch(7) Diced Pears(14) 1% White or FF Flavored Milk(19)
2 717:1851:111	3 771:1866:91	4 795:1638:115	5 609:1311:86	6 651:1557:84
Beef Hot Dog on WW Bun(22) Baked Beans(32) Diced Peaches(14) 1% White or FF Flavored Milk(19)	Chicken Nuggets w/ Goldfish Crackers(30) Baby Carrots w/ Ranch(7) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Turkey Chorizo & Cheese Nachos with WG Corn Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	Meatballs & Gravy with WW Dinner Roll(22) Seasoned Corn(25) Orange Juice(15) 1% White or FF Flavored Milk(19)	Pizza Slice(32) Fresh Broccoli & Ranch Dressing(4) Pineapple Tidbits(17) 1% White or FF Flavored Milk(19)
9 693:2033:102	10 766:1708:91	11 827:1570:91	12 571:1102:92	13 664:1520:84
Beef Hot Dog on WW Bun(22) Baked Beans(32) Fresh Grapes(9) 1% White or FF Flavored Milk(19)	Chicken Nuggets w/ Goldfish Crackers(30) Seasoned Corn(25) Fresh Apple(19) 1% White or FF Flavored Milk(19)	Breaded Chicken Patty on WW Bun(40) Tossed Salad with Ranch(2) Fresh Banana(23) 1% White or FF Flavored Milk(19)	WG Waffle Breaded Chicken Chunks String Cheese Dinner Roll (60) Seasoned Greens(4) Fruit mix(17) 1% White or FF Flavored	Pizza Slice(32) Baby Carrots w/ Ranch(7) Diced Pears(14) 1% White or FF Flavored Milk(19)
16 662:1527:102	17 698:999:115	18 826:1888:118	19 729:1290:110	20 651:1557:84
23 No School 80:760:20	24 No School 80:760:20	25 Happy Holidays! 80:760:20	26 No School 80:760:20	27 No School 80:760:20
30 No School 80:760:20	31 No School 80:760:20	40:380:10	40:380:10	40:380:10



Thought for Thought

Happiness isn't something you experience, it's something you remember. - Oscar Levent

Tips & Information

The oldest pair of skates known date back to about 3000 B.C., found at the bottom of a lake in Switzerland. The skates were made from the leg bones of large animals, holes were bored at each end of the bone and leather straps were used to tie the skates on. Around the 14th Century, the Dutch started using wooden platform skates with flat iron bottom runners. The skates were attached to the skater's shoes with leather straps.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()
 AvgCals:452 AvgSod(mg):1195 AvgCarbs(g):65

or: = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.



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