

# Windthorst ISD ELEMENTARY LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 7  CHEESEBURGER / PBJ AND CHEESE STICK DORITOS LETTUCE & TOMATO SEASONED CARROTS GREEN BEANS FROZEN SORBET PEACHES ASSORTED MILKS KETCHUP MUSTARD SALAD DRESSING	Nov - 8  CHICKEN ON BUN/ Regular or Spicy TURKEY/CHEESE CROIS TATER TOTS GREEN BEANS LETTUCE & TOMATO CUCUMBER DIPPERS FROZEN STRAWBERRIE ORANGES ASSORTED MILKS MUSTARD KETCHUP	Nov - 9  POPCORN CHICKEN PBJ AND CHEESE STICK MASHED POTATOES W/ BLACK EYED PEAS BROCCOLI ROMAINE SALAD W/TOM ORANGES FROZEN SORBET ASSORTED MILKS RANCH CUP KETCHUP ITALIAN DRESSING,PC	Nov - 10  SPAGHETTI HAM/CHEESE HOAGIE W/CHIP CORN ROMAINE SALAD W/TOM GREEN PEAS FRUIT COCKTAIL ORANGES ASSORTED MILKS RANCH CUP ITALIAN DRESSING,PC	Nov - 11  NACHOS SUPREME PBJ AND CHEESE STICK DORITOS CORN REFRIED BEANS CARROT & CELERY DIPPERS PEACHES ORANGES ASSORTED MILKS SALSA
Nov - 14  CHEESE PIZZA HAM/CHEESE HOAGIE W/CHIP CORN BROCCOLI CARROT STICKS ORANGES FROZEN SORBET ASSORTED MILKS MUSTARD	Nov - 15  CHEESEBURGER / PBJ AND CHEESE STICK TATER TOTS ROMAINE SALAD W/TOM BAKED BEANS SEASONED CARROTS FROZEN STRAWBERRIE ORANGES ASSORTED MILKS MUSTARD KETCHUP RANCH CUP ITALIAN DRESSING,PC	Nov - 16  STEAK FINGERS W/ROL PBJ AND CHEESE STICK MASHED POTATOES W/ ROMAINE SALAD W/TOM GREEN BEANS SEASONED CARROTS DECORATED PEARS APPLES ASSORTED MILKS KETCHUP RANCH CUP	Nov - 17  WALKING TACO TURKEY WRAP/CHEESE KICKEN RANCH GOLDFI CARROT AND CELERY MEXICAN RICE REFRIED BEANS PEACHES ORANGES ASSORTED MILKS SALSA	Nov - 18  STUFFED BAKED POTAT PBJ AND CHEESE STICK TOMATO SOUP FLATBREAD BLACK EYED PEAS CARROT STICKS ROMAINE SALAD W/TOM APPLESAUCE CUP PEACHES ICE CREAM CUP ASSORTED MILKS RANCH CUP

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*