

**Windthorst ISD
ELEMENTARY LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 28 CHICKEN CHILI CRISPITO / HAM & CHEESE CROISA w/Cheeto puffs MEXICAN RICE REFRIED BEANS CUCUMBER DIPPERS PEACHES ORANGES ASSORTED MILKS SALSA	Nov - 29 CHICKEN ON BUN/ Regular or Spicy TURKEY/CHEESE CROIS TATER TOTS ROMAINE SALAD W/TOM SEASONED CARROTS FROZEN STRAWBERRIE ORANGES ASSORTED MILKS MUSTARD KETCHUP RANCH CUP	Nov - 30 POPCORN CHICKEN PBJ AND CHEESE STICK MASHED POTATOES W/ PEAS & CARROTS CARROT & CELERY DIPPERS APPLESAUCE CUP ORANGES ASSORTED MILKS KETCHUP	Dec - 1 SPAGHETTI W/ GARLIC HAM & CHEESE CROISA w/Cheeto puffs ROMAINE SALAD W/TOM GREEN PEAS SEASONED CARROTS FRUIT COCKTAIL APPLES ASSORTED MILKS RANCH CUP	Dec - 2 CHOPPED BBQ BEEF ON PBJ AND CHEESE STICK DORITOS GREEN PEAS PINTO BEANS MIXED VEGGIE DIPPES PEACHES ORANGES ASSORTED MILKS MUSTARD
Dec - 5 PEPPERONI PIZZA HAM/CHEESE HOAGIE W/CHIP CORN ROMAINE SALAD W/TOM GREEN PEAS FRUIT COCKTAIL ORANGES ASSORTED MILKS RANCH CUP	Dec - 6 CORN DOG TURKEY/CHEESE CROIS TATER TOTS GREEN BEANS LETTUCE & TOMATO CUCUMBER DIPPERS FROZEN STRAWBERRIE ORANGES ASSORTED MILKS MUSTARD KETCHUP	Dec - 7 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	Dec - 8 CHICKEN ALFREDO PBJ AND CHEESE STICK Goldfish Pretzel ROMAINE SALAD W/TOM SEASONED CARROTS MIXED VEGGIE DIPPES APPLES BANANAS ASSORTED MILKS RANCH CUP	Dec - 9 CHILI CHEESE DOG CHICKEN SALAD SANDW GREEN BEANS DORITOS MIXED VEGGIE DIPPES FROZEN SORBET APPLESAUCE CUP ASSORTED MILKS KETCHUP MUSTARD

**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.