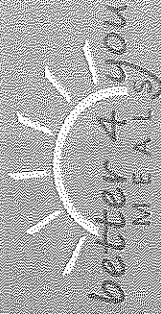


Breakfast Menu

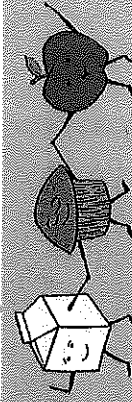
Watts Learning Center MS



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
Winter Break				
7 *Apple Chewie Bar (390) 1% White Milk (195) Fat Free White Milk (195)	8 Egg Sausage Burrito (CONTAINS PORK) (390) 1% White Milk (195) Fat Free White Milk (195)	9 *Coffee Cake (390) 1% White Milk (195) Fat Free White Milk (195)	10 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195)	11 Mini Confetti Pancakes Bites (390) 1% White Milk (195) Fat Free White Milk (195)
14 *Yogurt w/Granola (390) 1% White Milk (195) Fat Free White Milk (195)	15 *Chicken & Waffle (390) 1% White Milk (195) Fat Free White Milk (195)	16 *Blueberry Muffin (390) 1% White Milk (195) Fat Free White Milk (195)	17 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195)	18 *French Toast Stix (390) 1% White Milk (195) Fat Free White Milk (195)
21 MLK	22 *Bean & Cheese Burrito (390) 1% White Milk (195) Fat Free White Milk (195)	23 Mango Breakfast Bar (390) 1% White Milk (195) Fat Free White Milk (195)	24 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195)	25 *Chicken Sausage Biscuit (390) 1% White Milk (195) Fat Free White Milk (195)
28 * Apple Cinnamon Muffin Flat (390) 1% White Milk (195) Fat Free White Milk (195)	29 Breakfast Cheese Tamal (390) 1% White Milk (195) Fat Free White Milk (195)	30 *Pan Dulce (390) 1% White Milk (195) Fat Free White Milk (195)	31 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195)	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk. This institution is an equal opportunity provider.



Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
Winter Break				
7 Chicken Alfredo (285) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (45) Fat Free Chocolate Milk (248) 1% White Milk (17)	8 -BBQ Western Cheeseburger, Oven Baked Fries (300) Tuna Salad, Wheat Crackers, Dressing (30) Fat Free Chocolate Milk (248) 1% White Milk (17)	9 Turkey Chili, Corn Muffin (285) Chicken Taco Salad, Popped Corn Chips, Dressing (45) Fat Free Chocolate Milk (248) 1% White Milk (17)	10 Beef Hot Dog w/ Oven Baked Fries (280) Lunch Special- Country "Fried" Pork Chop w/ Roasted Potatoes (50) Fat Free Chocolate Milk (248)	11 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20)
14 Mac & Cheese (300) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (30) Fat Free Chocolate Milk (248) 1% White Milk (17)	15 -Chicken Patty Burger, Oven Baked Fries (230) Tuna Salad, Wheat Crackers, Dressing (20) Lunch Special- Spicy Chicken Patty Sandwich w/ Baked Fries (80)	16 Beef & Broccoli, Not So Fried Rice (280) Chicken Taco Salad, Popped Corn Chips, Dressing (50) Fat Free Chocolate Milk (248) 1% White Milk (17)	17 Beef Nacho Potato Burrito (270) Club Sandwich *CONTAINS PORK* (20) Buffalo Chicken Salad, Dinner Roll, Dressing (40) Fat Free Chocolate Milk (248)	18 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20)
21 MLK	22 -Corn Dog, Oven Baked Fries (290) Tuna Salad, Wheat Crackers, Dressing (40) Fat Free Chocolate Milk (248) 1% White Milk (17)	23 Pick Up Stix- Watts Middle (300) Cobb Salad, Corn Muffin, Ranch Dressing (60) Fat Free Chocolate Milk (270) 1% White Milk (18)	24 Plain Hamburger (285) Buffalo Chicken Salad, Dinner Roll, Dressing (45) Fat Free Chocolate Milk (248) 1% White Milk (17)	25 Pizza- Watts Middle (392) Fat Free Chocolate Milk (294) 1% White Milk (20)
28 Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (40) Lunch Special- Mini Chicken Taco w/ Hot Sauce (290) Fat Free Chocolate Milk (248) 1% White Milk (17)	29 -Cheeseburger, Oven Baked Fries (290) Tuna Salad, Wheat Crackers, Dressing (40) Fat Free Chocolate Milk (248) 1% White Milk (17)	30 Beef Nachos, Tortilla Chips (290) Chicken Taco Salad, Popped Corn Chips, Dressing (40) Fat Free Chocolate Milk (248) 1% White Milk (17)	31 Breakfast for Lunch (270) Buffalo Chicken Salad, Dinner Roll, Dressing (60) Fat Free Chocolate Milk (248) 1% White Milk (17)	

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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