



Monday

Tuesday

Wednesday

Thursday

Friday

2019

HAPPY NEW YEAR!

7
 Galaxy Personal Pizza (Cheese* or Pepperoni)
 Beef Hot Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
NEW! Protein Power Pack*

8
 Cheesy Bean Nachos* ^{GF}
 Fish Sticks
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack*

9
 Salisbury Steak & Gravy with Noodles & Garlic Toast
 Corn Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

10
 Teriyaki Chicken with Rice
 Chicken Nuggets
 Salad with Hardboiled Egg & Croutons*
 Yogurt & Cheez-Its
 Protein Power Pack*

11
 Stuffed Crust Pizza (Cheese* or Pepperoni)
 BBQ Pork Rib Sandwich
 Bean & Cheese Burrito
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

14
 Cheesy Breadsticks with Marinara Dipping Sauce*
NEW! Homestyle Chicken Bowl (*popcorn chicken served over mashed potatoes & corn*)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

15
 Crispy Turkey Taco ^{GF}
 Homestyle Chicken Drumstick
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack*
 Whole Grain Cookie Treat

16
 Pasta with Meatballs & Garlic Bread
 Breaded Chicken Sandwich
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

17
 Brunch 4 Lunch:
 French Toast & Sausage
 Teriyaki Beef with Rice
 Salad with Cheese & Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack*

18
 Stuffed Crust Pizza (Cheese* or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

21

 Haystack (*corn chips, ground turkey, beans, & cheese*) ^{GF}
 Macaroni & Cheese*
 Turkey & Cheese Deli Sandwich
 Yogurt & Cheez-Its*
 Protein Power Pack*

22
 Pasta with Meatballs & Garlic Bread
 Galaxy Personal Pizza (Cheese* or Pepperoni)
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

23
 Orange Chicken with Rice
 Chicken Nuggets
 Salad with Sunflower Seeds & Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack*

24
 Stuffed Crust Pizza (Cheese* or Pepperoni)
 Mini Corn Dogs
 Bean & Cheese Burrito*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

25
 Galaxy Personal Pizza (Cheese* or Pepperoni)
 Beef Hot Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

28
 Cheesy Bean Nachos* ^{GF}
 Fish Sticks
 Bean & Cheese Burrito*
 Yogurt & Cheez-Its*
 Protein Power Pack*

29
 Salisbury Steak & Gravy with Noodles & Garlic Toast
 Corn Dog
 Grilled Cheese Sandwich*
 Yogurt, Sunflower Seeds, & Wheat Crackers*
 Protein Power Pack*

30
 Teriyaki Chicken with Rice
 Chicken Nuggets
 Salad with Hardboiled Egg & Croutons*
 Yogurt & Cheez-Its*
 Protein Power Pack*

31
Birthday Treat!

NEW! Protein Power Packs
 Convenient, grab-n-go bento boxes packed with whole wheat crackers, cheese cubes, a hardboiled egg, and raisins to fuel your body and your brain!