



<p><b>School Delay?</b> <b>Need Breakfast?</b> <b>No Problem.</b> No Problem. WPS all serve hot breakfast on school days with one hour delays. In the event of a two hour delay-breakfast may be served, Lunch will follow the regular schedule on those days.</p>	<p><b>Offered Daily For Lunch</b></p> <p><b>Power Pack :</b> Meat Stick, Mozzarella Stick, Pretzels fruit Choice &amp; Carrots</p> <p><b>Mind &amp; Body Medley:</b> Yogurt, Granola, Raisins &amp; Carrots</p> <p><b>Neat-o Nachos :</b> Cheese Dip, salsa, Hummus, WG Scoops &amp; Fruit Choice</p> <p><b>Trail Blazer:</b> Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots</p> <p><b>Highlander Munch'Able:</b> Italian Slammer Sub, Sun Chips, Carrots &amp; Fruit Choice</p> <p><b>Peanut Butter Jelly Time :</b> Uncrustable, Carrots &amp; Fruit Choice</p>	<p><b>OFFERED Daily For Lunch</b></p> <p><b>Fresh Garden Chef Salad</b></p> <p><b>Fiesta Shaker Salad</b></p> 	<p><b>A complete lunch is:</b> <b>1 protein/grain entrée,</b> <b>1/2 cup fruit, 3/4 cup vegetables &amp; one half-pint of milk.</b> <b>Students may select less food, but must be served at least 1/2 cup fruit or vegetable with lunch each day.</b></p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p><b>Holiday</b> No School For Employees &amp; Students</p>	<p>2</p> <p><b>Staff Development Workday!</b> <b>No School For Students!</b></p> 	<p>3</p> <p><b>CHOOSE 1 ENTRÉE</b> Spaghetti w/ Garlic Knot Roll Spicy Chicken Sandwich Fresh Garden Salad w/Tom Steamed Broccoli Potato Tots Fresh or Chilled Fruit</p> <p>Milk</p>	<p>4</p> <p><b>CHOOSE 1 ENTRÉE</b> Hot Roast Beef &amp; Cheese Ciabatta Sandwich Chicken Tenders Creamy Mashed Potatoes Green Beans Fresh Garden Salad Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p>5</p> <p><b>CHOOSE 1 ENTRÉE</b> Pizza Bar Menu Assortment French Fries Hot Vegetable Fresh Fruit Salad</p> <p>Milk</p>

<p>8</p> <p><b>CHOOSE 1 ENTRÉE</b> BBQ Pork Sliders Chicken Crispers Baked Beans Coleslaw Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p>9</p> <p><b>CHOOSE 1 ENTRÉE</b> Cheesy Beef Nachos w/Toppings Turkey &amp; Cheese Sub French Fries Buttered Corn Garden Salad Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p>10</p> <p><b>CHOOSE 1 ENTRÉE</b> Breakfast For Lunch Chicken Nuggets w/Waffle Bites Chicken Sandwich Potato Rounds Steamed Broccoli Fresh or Chilled Fruit</p> <p>Milk</p>	<p>11</p> <p><b>CHOOSE 1 ENTRÉE</b> Ham N' Cheese Melt Spicy Chicken Sandwich Mashed Potatoes Steamed Peas Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p>12</p> <p><b>CHOOSE 1 ENTRÉE</b> Pizza Bar Menu Assortment French Fries Hot Vegetable Fresh Fruit Salad</p> <p>Milk</p>
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**Offered Daily For Breakfast**

**Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line**

*Pillsbury Biscuit Chicken, Turkey or Sausage, Egg & Cheese Biscuit*  
*Tony's Breakfast Pizza, Breakfast Bars w/Cheese Stick or 4 oz. Yogurt, Variety Muffins w/Cheese Stick or 4oz Yogurt,*  
*Fruited Parfaits w/Granola, Pillsbury Cherry Frudel or Mini Cinnis, (Whole Grain Poptart w/fruit & Milk)*  
*Pillsbury Strawberry Mini-pull apart Bagel, WG Honey Bun, Bagel w/cream cheese, WG Poptart*  
*Tuesday's Special - Sausage Gravy w/Biscuits (served on Serving line in the cafeteria, (2 grains, 1 protein)*  
*Variety WG Cereals w/Graham crackers or Goldfish crackers*  
*Must offer 1 cup of Fruit Choice - Fresh Fruit or Chilled Fruit or 100% Fruit Juice,*

**2nd Chance Breakfast - Mid morning**

**Each Breakfast includes a milk choice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>15</b></p> <p><b>HOLIDAY!</b> <b>NO SCHOOL FOR STUDENTS AND STAFF</b></p> 	<p><b>16</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Bacon &amp; Cheese Chicken Sandwich Walking Taco w/Toppings Buttered Corn Potato wedges Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>17</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Spaghetti w/ Bread Stick Spicy Chicken Sandwich Fresh Garden Salad w/Tom Steamed Broccoli Potato Tots Baby Carrots Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>18</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Salisbury Steak &amp; Gravy Cheese Calzones Mashed Potatoes Green Beans Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>19</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Pizza Bar Menu Assortment French Fries Hot Vegetable Fresh Fruit Salad</p> <p>Milk</p>
<p><b>22</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Bacon Cheeseburger Chicken Tenders w/Bread Stick Baked Beans Potato Rounds Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>23</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Cheesy Beef Nachos w/Toppings Turkey &amp; Cheese Sub French Fries Buttered Corn Garden Salad Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>24</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Breakfast For Lunch Chicken Nuggets w/ Waffle Bites Chicken Sandwich Potato Rounds Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>25</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Asian Chicken Steamed Rice Stirfry Vegetables Fresh Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>26</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Pizza Bar Menu Assortment French Fries Hot Vegetable Fresh Fruit Salad</p> <p>Milk</p>
<p><b>29</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Hot Dog On Bun Cheese Quesadilla w/Salsa Baked Beans French Fries Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>30</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Grilled Cheese Manager's Choice Soup Fresh Garden Salad Harvest Carrots Fresh or Chilled Fruit</p> <p>Milk</p>	<p><b>31</b></p> <p><b>CHOOSE 1 ENTRÉE</b> Cheesy Ravioli w/ Tomato Sauce w/Garlic Knott Roll Steamed Broccoli Fresh Garden Salad Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>		
<p><b>January- Oatmeal Month</b></p> <p>Did you know that oats, along w/wheat, corn and rice, are among the most common, Whole Grains eaten in America? Like othe Whole Grains, oats can enhance Digestive health, help you maintain a healthy weight and reduced the risk of heart disease, some cancers and diabetes.</p> 