

Monday

Macaroni and Cheese **3**
Butternut & Sweet
Potato Bake
Peas
Dinner Roll
Fresh Fruit and Veggie Bar
Milk

Cheese Quesadillas **10**
Roasted
Green Beans & Carrots
Rice
Salsa and Sour Cream
Fresh Fruit and Veggie Bar
Milk

Turkey Sandwich **17**
Or
Hummus and Veggie Sandwich
On WW Bread
Rainbow Pepper Strips
Chocolate Chip Cookies
Milk

WINTER BREAK **24**

WINTER BREAK **31**

Tuesday

Tasty Tacos **4**
Chicken or Bean Tacos
With Cheese
Shredded Lettuce, Salsa,
Sour Cream
Rice and Corn
Fresh Fruit and Veggie Bar
Milk

Hearty Chili Bowl **11**
Meaty or Veggie
With Cheddar Cheese
Sweet Potato Half
Sour Cream
Whole Grain Bread Stick
Fresh Fruit and Veggie Bar
Milk

Beef Stroganoff **18**
Or
Tofu Stroganoff
With Buttery Egg Noodles
Steamed Broccoli
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK **25**

Wednesday

Chicken & Biscuits **5**
With seasonal veggies
Buttery Green Beans
Fresh Fruit and Veggie Bar
Milk

PIZZA DAY **12**
Cheese Pizza
Pepperoni Pizza
Veggie Pizza
Special Pizza
Caesar Salad with Kale
Fresh Fruit and Veggie Bar
Milk

Breakfast for Lunch **19**
Scrambled Eggs
French Toast
Sausage Link
Maple Syrup
Harvest Home Fries
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK **26**

Thursday

EARLY RELEASE **6**
Turkey and Cheese
Sandwich on Whole Grain Bread
Or Bagel and Cream Cheese
Sun Chips
Carrots and Cucumbers with Dip
Apple
Milk

Chicken Tenders or **13**
Tofu Tenders with
Dipping Sauce
Roasted Parsnips
Baked Beans
Whole Grains Dinner Roll
Fresh Fruit and Veggie Bar
Milk

Chicken Tetrazzini **20**
Roasted Carrot
With Oregano
Whole Grain Breadstick
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK **27**

Friday

Hamburger, Cheeseburger **7**
Or Veggie Burger
Baked French Fries
Celery and Carrot Sticks
With Ranch Dip
Fresh Fruit and Veggie Bar
Milk

Cheesy Breadsticks **14**
With Marinara Sauce
Green Peas
Mediterranean Bean Salad
Fresh Fruit and Veggie Bar
Milk

Baked Potato Bar **21**
Bacon, Beans
Cheddar Cheese Sauce
Green Beans
Butternut Cranberry Bread
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK **28**

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

Alternative Meal

A daily alternative to the main entrée
M, W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt
T, Th – Turkey and Cheese Sandwich

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

PRICES
Breakfast - \$1.25
Paid Lunch Meal \$2.70
Reduced and Free Lunch – FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

