

### Monday

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

3

### Tuesday

**Tasty Tacos**  
Chicken or Bean Tacos in  
Crunchy Shell with Cheese  
Shredded Lettuce, Salsa,  
Sour Cream  
Mexican Rice    Corn  
Fresh Fruit and Veggie Bar  
Milk

4

### Wednesday

Chicken & Biscuits  
With Seasonal Veggies  
Buttery Green Beans  
Fresh Fruit and Veggie Bar  
Milk

5

### Thursday

**Early Release Day**  
Turkey and Cheese  
On Whole Grain Roll  
Sun Chips  
Baby Carrots  
Apple  
Milk

6

### Friday

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

7

Cheese Quesadillas  
On WW Tortilla  
Roasted Green Beans and Carrots  
Rice  
Salsa and Sour Cream  
Fresh Fruit and Veggie Bar  
Milk

10

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

11

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

12

Chicken Tenders or  
Tofu Tenders with  
BBQ Sauce  
Roasted Parsnips  
Baked Beans  
Whole Grain Dinner Roll  
Fresh Fruit and Veggie Bar  
Milk

13

Whole Grain Rotini  
Cheese Sauce  
Steamed Broccoli  
Garlic Bread  
Fresh Fruit and Veggie Bar  
Milk

14

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

17

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

18

Baked Potato Bar w/  
Bacon, Broccoli and  
Cheddar Cheese Sauce  
Green Beans  
Pumpkin Cranberry Muffin  
Fresh Fruit and Veggie Bar  
Milk

19

Chicken Tetrazini  
Maple Roasted Carrots  
Whole Grain Breadstick  
Fresh Fruit and Veggie Bar  
Milk

20



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

21

**Pajama Day**

WINTER BREAK

24

WINTER BREAK

25

WINTER BREAK

26

WINTER BREAK

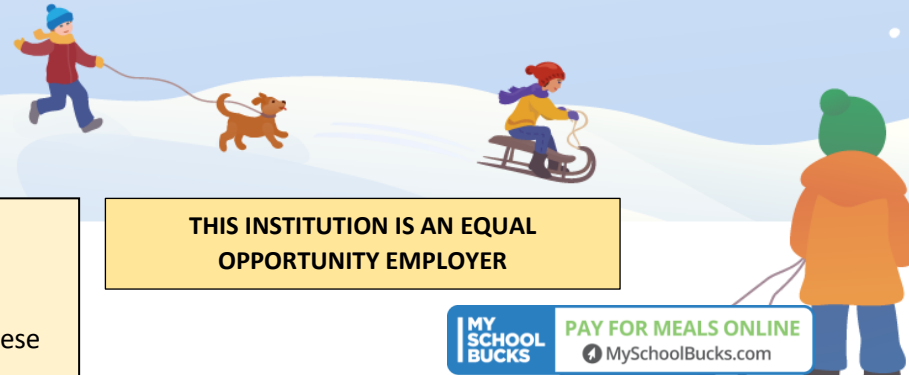
27

WINTER BREAK

28

WINTER BREAK

31



**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

**Alternative Meal**

*A daily alternative to the main entrée*  
M, W, F – Sunbutter and Jelly Sandwich  
T, Th – Bagel and Cream Cheese with Yogurt or Cheese

**THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY EMPLOYER**



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com