

Monday

Macaroni and Cheese **3**
Butternut & Sweet
Potato Bake
Peas
Garlic Knot
Fruit Selection
Milk

Cheese Quesadillas **10**
Roasted
Green Beans & Carrots
Buttered Garlic Noodles
Salsa and Sour Cream
Fruit Selection
Milk

**Cheesy Breadsticks
With Marinara Sauce** **17**
Green Peas
Mediterranean Bean Salad
Fruit Selection
Milk

WINTER BREAK

WINTER BREAK

Tuesday

**Chicken Fajita or Falafel
With Cheese** **4**
Over Rice
Shredded Lettuce, Salsa,
Sour Cream
Corn
Fruit Selection
Milk

**B-B-Q Chicken Sandwich
On Whole Wheat Bun** **11**
Ranch Roasted Potato Wedges
Broccoli w/Cheese Sauce
Fruit Selection
Milk

**Beef Stroganoff
Or
Tofu Stroganoff** **18**
With Buttery Egg Noodles
Steamed Broccoli
Fruit Selection
Milk

WINTER BREAK



Wednesday

Chicken & Biscuits **5**
With seasonal veggies
Buttery Green Beans
Fruit Selection
Milk

PIZZA DAY **12**
Cheese Pizza
Pepperoni Pizza
Veggie Pizza
Combo Pepperoni & Veggie Pizza
Caesar Salad with Kale
Fruit Selection
Milk

**Breakfast for Lunch
Scrambled Eggs** **19**
French Toast
Sausage Link
Maple Syrup
Harvest Home Fries
Fruit Selection
Milk

WINTER BREAK

Thursday

EARLY RELEASE DAY **6**
Turkey and Cheese or
Hummus and Cheese
Sandwich with Lettuce
Cucumber and Carrots with Dip
Sun Chips
Apple
Milk

**Chicken Tenders or
Tofu Tenders with
Dipping Sauce** **13**
Roasted Mushrooms
Baked Beans
Whole Grains Dinner Roll
Fruit Selection
Milk

Chicken Tetrazzini **20**
Roasted Carrots
With Oregano
Whole Grain Breadstick
Fruit Selection
Milk

WINTER BREAK

Friday

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

**Ham Sandwich
Or
Hummus and Veggie Sandwich
On WW Bread** **14**
Macaroni Veggie Soup
Rainbow Pepper Strips
Fruit Selection
Milk

Twice Baked Potato **21**
Bacon, Beans
Cheddar Cheese Sauce
Green Beans
Butternut Cranberry Bread
Fruit Selection
Milk

WINTER BREAK

31

WINTER BREAK

Alternative Meal

A daily alternative to the main entrée
Bagel & Cream Cheese with 4 oz. Yogurt

PRICES

Breakfast - \$1.85
Paid Lunch Meal \$2.85
Reduced and Free Lunch - FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY EMPLOYER**

