

Monday

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

Cheese Quesadillas **10**
On WW Tortilla
Mexican Beans
Rice
Roasted Peppers and Onions
Salsa and Sour Cream
Fresh Fruit and Veggie Bar
Milk

Cheesy Breadsticks **17**
With Marinara Sauce
Roasted Brussels Sprouts
Three Bean Salad
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK

WINTER BREAK

Tuesday

Tasty Tacos **4**
Chicken or Bean Tacos in
Crunchy Shell with Cheese
Shredded Lettuce, Salsa,
Sour Cream
Mexican Rice Corn
Fresh Fruit and Veggie Bar
Milk

Hearty Chili or **11**
Veggie Chili
With Cheddar Cheese
Sweet Potato Half
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

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
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

Thursday

Early Release Day **6**
Turkey and Cheese
On Whole Grain Roll
Sun Chips
Baby Carrots
Apple
Milk

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

Chicken Tetrazzini **20**
Maple Roasted Carrots
Whole Grain Breadstick
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK

Friday

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

Whole Grain Rotini **14**
Cheese Sauce
Steamed Broccoli
Garlic Knot
Fresh Fruit and Veggie Bar
Milk

Baked Potato Bar w/ **21**
Bacon, Broccoli and
Cheddar Cheese Sauce
Green Beans
Pumpkin Cranberry Muffin
Fresh Fruit and Veggie Bar
Milk

WINTER BREAK

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

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 – Bagel and Cream Cheese w/ 4 oz. Yogurt
T, Th – Sunbutter & Jelly Sandwich

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY EMPLOYER**

