


Monday
Tuesday
Wednesday
Thursday
Friday

This institution is an equal opportunity employer.

Apply for Free/Reduced meals at any time.
 Call 453-7002 for information and applications.

WINTER BREAK
 Happy New Year!!

Pizza
 Cheese Pizza
 Pepperoni Pizza
 Veggie Pizza
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

Hawaiian Ham With Pineapple
 Roasted Butternut Squash
 Peas
 Whole Grain Biscuit
 Baked Beans
 Fresh Fruit and Veggie Bar
 Milk

Cheese Ravioli
 With Marinara Sauce
 Roasted Rosemary Veggies
 (Potato, Beets, and Carrot)
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

Grilled Cheese or Grilled Ham and Cheese
 Tomato Tortellini Soup
 Roasted Potato Wedges
 Kale Salad
 Cucumber Slices
 Fresh Fruit and Veggie Bar
 Milk

Beef Burrito or Bean Burrito
 With Cheddar Cheese
 Salsa and Sour Cream
 Corn
 Rice
 Fresh Fruit and Veggie Bar
 Milk

Chicken Curry or Tofu Curry
 Brown Rice
 Roasted Green Beans
 Fresh Fruit and Veggie Bar
 Milk

Sloppy Joe
 Or Sloppy Lentil Jo
 On a WW Bun
 Broccoli and Cauliflower
 Tossed Salad
 Baked Beans
 Fresh Fruit and Veggie Bar
 Milk

Cheesy Lasagna
 With Meat or Veggies
 Green Peas
 Garlic Bread Stick
 Fresh Fruit and Veggie Bar
 Milk

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

Crispy Fish Sticks
 With Tartar Sauce
 Corn
 Carrot Sticks with Hummus
 Rice
 Fresh Fruit and Veggie Bar
 Milk

Roast Turkey With Gravy Mashed Potato
 Buttery Green Beans
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

Spaghetti with Meat Balls Or Marinara Sauce
 Steamed Broccoli
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

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

NO SCHOOL
 Martin Luther King Day

NO SCHOOL
 In-Service Day

Chicken Tenders or Tofu Tenders
 With Dipping Sauce
 Roasted Parsnip and Carrots
 Baked Beans
 Dinner Rolls
 Fresh Fruit and Veggie Bar
 Milk

Turkey & Cheese Sandwich or Hummus & Veggie Sandwich
 Rainbow Pepper Strips
 Fresh Fruit and Veggie Bar
 Milk

Stromboli
 Cheese Stromboli
 Pepperoni Stromboli
 Caesar Salad
 Fresh Fruit and Veggie Bar
 Milk

Cheesy Breadsticks With Marinara Sauce
 Green Peas
 Baked Beans
 Fresh Fruit and Veggie Bar
 Milk

Beef Stroganoff
 With Buttery Egg Noodles
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Garlic Knot
 Milk

Pizza
 Cheese Pizza
 Pepperoni
 Pizza
 Caesar Salad
 Fresh Fruit and Veggie Bar
 Milk

Chicken Alfredo
 Roasted Carrots with Oregano
 Buttery Biscuit
 Fresh Fruit and Veggie Bar
 Milk

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

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com

