


Monday
Tuesday
Wednesday
Thursday
Friday

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

This institution is an equal
 opportunity employer

7
Grilled Cheese or Grilled Ham and Cheese
 on WW Bread
 Tomato Tortellini Soup
 Sweet Potato Half
 Kale Salad
 Fresh Fruit and Veggie Bar
 Milk

8
Beef Burrito or Bean Burrito In WW Tortilla
 With Cheddar Cheese
 Salsa and Sour Cream
 Corn
 Rice
 Fresh Fruit and Veggie Bar
 Milk

1
Cheese Ravioli With Marinara Sauce
 Steamed Broccoli
 Romaine Salad
 Garlic Bread Stick
 January Birthday Treat
 Fresh Fruit and Veggie Bar
 Milk

9
Sloppy Joe Or Sloppy Lentil Jo
 On a WW Bun
 Broccoli and Cauliflower
 Creamy Coleslaw
 Fresh Fruit and Veggie Bar
 Milk

2
Baked Ham With Pineapple
 Roasted Butternut Squash Cubes
 Cheesy Cornbread
 Baked Beans
 Fresh Fruit and Veggie Bar
 Milk

10
Fish Sticks Or Tofu Sticks
 Homemade Muffin
 Roasted Potato Wedges
 Baked Beans
 Fresh Fruit and Veggie Bar
 Milk

3
Pizza
 Cheese Pizza
 Pepperoni Pizza
 Veggie Pizza
 Roasted Rosemary Veggies (Potato, Beets, and Carrot)
 Fresh Fruit and Veggie Bar
 Milk

4
Cheesy Lasagna - Meat or Vegetarian
 Green Peas
 Garlic Knot
 Fresh Fruit and Veggie Bar
 Milk

14
Macaroni and Cheese
 Butternut Squash Souffle
 Peas
 Fresh Fruit and Veggie Bar
 Milk

15
Tasty Tacos
 Beef or Bean Tacos in a Soft WW Tortilla
 Corn
 Mexican Rice
 Salsa and Sour Cream
 Fresh Fruit and Veggie Bar
 Milk

16
Roast Turkey With Gravy
 Buttery Green Beans
 Mashed Potato
 Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

17
Spaghetti with Meat Balls Or Marinara Sauce
 Steamed Broccoli
 Garlic Bread
 Fresh Fruit and Veggie Bar
 Milk

18
Hamburger, Cheeseburger Or Veggie Burger
 Baked French Fries
 Celery and Carrot Sticks with Dip
 Fresh Fruit and Veggie Bar
 Milk

21
 NO SCHOOL
 Martin Luther King Day

22
 NO SCHOOL
 In-Service Day

23
Ham & Cheese Melt Or Veggie & Cheese Melt on WW Flatbread
 Rainbow Pepper Strips
 Three Bean Salad
 Fresh Fruit and Veggie Bar
 Milk

24
Chicken Tenders or Tofu Tenders
 With Dipping Sauce
 Roasted Parsnip and Carrots
 Baked Beans
 Homemade Dinner Roll
 Fresh Fruit and Veggie Bar
 Milk

25
PIZZA
 Cheese Pizza
 Pepperoni Pizza
 Veggie Pizza
 Caesar Salad
 Fresh Fruit and Veggie Bar
 Milk

28
Cheesy Breadsticks With Marinara Sauce
 Green Peas
 Baked Beans
 Fresh Fruit and Veggie Bar
 Milk

29
Goulash
 (Macaroni with Beefy Tomato Sauce)
 Steamed Broccoli
 Garlic Breadstick
 Fresh Fruit and Veggie Bar
 Milk

30
Breakfast for Lunch
 Scrambled Eggs
 French Toast Maple Syrup
 Sausage Link
 Harvest Home Fries
 Fresh Fruit and Veggie Bar
 Milk

31
Barbecue Chicken Sandwich Or Black Bean Burger
 On WW Roll
 Maple Roasted Carrots
 Peas
 Fresh Fruit and Veggie Bar
 Milk

PRICES
 Breakfast - \$FREE
 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

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

