



Monday

Tuesday

Wednesday

Thursday

Friday

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY**

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

1

WINTER BREAK
Happy New Year!!

2

Pizza
Cheese Pizza
Pepperoni Pizza
Veggie Pizza
Steamed Broccoli
Fruit Selection
Milk

3

Roast Pork
Roasted Butternut Squash
Peas
Baked Beans
Whole Grain Biscuit
Fruit Selection
Milk

4

Cheese Ravioli
With Marinara Sauce
Roasted Rosemary Veggies
(Potato, Beets, and Carrot)
Romaine Salad
Dinner Roll
Fruit Selection
Milk

7

Grilled Cheese or
Grilled Ham and Cheese
Tomato Soup
Roasted Potato Wedges
Buttery Green Beans
Cucumber Slices
Fruit Selection
Milk

8

Beef Burrito or Bean Burrito
With Cheddar Cheese
Salsa and Sour Cream
Corn
Rice
Fruit Selection
Milk

9

Chicken Curry or Tofu Curry
Coconut Rice
Kale Salad
Fruit Selection
Milk

10

Sloppy Joe
Or Sloppy Lentil Jo
On a WW Bun
Broccoli and Cauliflower
Tender Sweet Peas
Baked Beans
Fruit Selection
Milk

11

Cheesy Lasagna
With Meat or Veggies
Tossed Salad with Kale
Garlic Bread Stick
Fruit Selection
Milk

14

Macaroni and Cheese
Steamed Broccoli
Fruit Selection
Milk

15

Tasty Taco Salsa Bake
Beef or Bean with Corn Chips
Corn - Shredded Lettuce
Spanish Rice
Shredded Cheese - Sour Cream
Fruit Selection
Milk

16

Roast Turkey
With Gravy
Mashed Potatoes
Tomato Wedges with Dressing
Homemade Dinner Roll
Fruit Selection
Milk

17

Spaghetti with Meat Balls
Or Marinara Sauce
Roasted Veggies
Garlic Bread
Fruit Selection
Milk

18

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

21

NO SCHOOL
Martin Luther King Day

22

NO SCHOOL
In-Service Day

23

Chicken Tenders or
Tofu Tenders
With Dipping Sauce
Roasted Parsnip and Carrots
BBQ Baked Beans
Dinner Rolls
Fruit Selection
Milk

24

Turkey and Cheese Sandwich
or
Egg Salad Sandwich
Caesar Salad
Fruit Selection
Milk

25

Stromboli
Cheese Stromboli
Pepperoni Stromboli
Green Pepper Strips
Fruit Selection
Milk

28

Cheesy Breadsticks
With Marinara Sauce
Chef Salad
Red and White Kidney Beans
Fruit Selection
Milk

29

Beef Stroganoff
With Buttery Egg Noodles
Roasted Mushrooms
Fruit Selection
Garlic Knot
Milk

30

Breakfast for Lunch
Scrambled Eggs
Waffle Sticks
Maple Syrup
Sausage Link
Harvest Home Fries
Fruit Selection - Milk

31

Chicken Alfredo
Steamed Broccoli
Buttery Biscuit
Fruit Selection
Milk

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

