

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**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

**Baked Potato Bar** **1**  
 Bacon, Cheese, Broccoli  
 Apple Muffin  
 Roasted Green Bean  
 Fresh Fruit and Veggie Bar  
 Milk

**Meatball Subs on WW Hot Dog Bun** **4**  
 With Mozzarella  
 Or Black Bean Burger  
 Caesar Salad with Romaine  
 Fresh Fruit and Veggie Bar  
 Milk

**EARLY RELEASE DAY** **5**  
 Ham and Cheese Sandwich  
 Or  
 Cheddar and Veggie Sandwich  
 Veggie Sticks with Dip  
 Pretzels  
 Milk

**PIZZA** **6**  
 Cheese, Pepperoni  
 Veggie  
 Steamed Broccoli  
 Fresh Fruit and Veggie Bar  
 Milk

**Roast Pork with Apples** **7**  
 Butternut Squash  
 With Cinnamon and Brown Sugar  
 Buttery Corn  
 Vegetarian Baked Beans  
 WW Dinner Roll  
 Fresh Fruit and Veggie Bar  
 Milk

**Ravioli Marinara Sauce** **8**  
 Garlic Knot  
 Broccoli and Cauliflower  
 Fresh Fruit and Veggie Bar  
 Milk

**Sloppy Joe On WW Bun** **11**  
 Or **Sloppy Lentil Joe**  
 Roasted Potato Wedges  
 Parsnip Chip  
 Fresh Fruit and Veggie Bar  
 Milk

**Chicken Fajita Or Mexican Beans on WW Tortilla** **12**  
 Peppers and Onions  
 Corn  
 Rice  
 Fresh Fruit and Veggie Bar  
 Milk

**Misty Knoll Chicken Drumstick** **13**  
 Sweet Potato Bread  
 Broccoli  
 Roasted Chickpeas  
 Fresh Fruit and Veggie Bar  
 Milk

**"Heart-y" Grilled Cheese or Grilled Ham & Cheese Tomato Tortellini Soup** **14**  
 Heart Beet Salad  
 Strawberry Shortcake  
 Fresh Fruit and Veggie Bar  
 Milk  
**VALENTINE'S DAY**

**Deli Sandwich** **15**  
 Turkey, Ham or  
 Egg Salad Sandwich on WW Bun with Shredded Lettuce  
 Broccoli Cheddar Soup  
 Veggie Sticks with Dip  
 Fresh Fruit and Veggie Bar  
 Milk

**18**
**19**
**20**
**21**
**22**

**Macaroni and Cheese** **25**  
 Sweet Potato Souffle  
 Peas  
 Fresh Fruit and Veggie Bar  
 Milk

**Tasty Tacos** **26**  
 Beef or Bean  
 With Cheese in a Crunchy Shell  
 Lettuce, Salsa, Sour Cream  
 Corn  
 Rice  
 Fresh Fruit and Veggie Bar  
 Milk

**Chicken and Biscuits With seasonal vegetables** **27**  
 Buttery Green Beans  
 Fresh Fruit and Veggie Bar  
 Milk

**Spaghetti with Meat Sauce or Marinara** **28**  
 Broccoli  
 Garlic Bread  
 Fresh Fruit and Veggie Bar  
 Milk

**Alternative Meal**

A daily alternative to the main entrée  
 M, W, F – Bagel and Cream Cheese  
 T, Th – Turkey and Cheese Sandwich

This institution is an equal opportunity employer

