

Monday

Tuesday

Wednesday

Thursday

Friday

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY**

Cheesy Potatoes 1
Ham and Broccoli
Banana Bread Square
Roasted Carrot and Green Bean
Fresh Fruit Selection
Milk

Meatball Subs 4
With Marinara Sauce
And Mozzarella Cheese
Or Falafel on a Bun
Steamed Broccoli
Fresh Fruit Selection
Milk

EARLY RELEASE DAY 5
Peanut Butter & Jelly Sandwich
On Whole Wheat Bread
Veggie Sticks with Dip
Pretzels
Fresh Fruit Selection
Milk

PIZZA 6
Cheese, Pepperoni
Veggie
Caesar Salad
Fresh Fruit Selection
Milk

Hawaiian Ham with Pineapple 7
Roasted Butternut Squash
With Cinnamon and Brown Sugar
Peas
Baked Beans
Buttery Biscuit
Fresh Fruit Selection
Milk

Ravioli 8
Marinara Sauce
Garlic Knot
Roasted Rosemary Veggies
Fresh Fruit Selection
Milk

Deli Sandwich 11
Egg Salad or
Peanut Butter & Jelly Sandwich
on WW Bun
Veggie Rice Soup
Veggie Sticks with Dip
Fresh Fruit Selection
Milk

Chicken Fajita or
Mexicans Beans 12
On WW Tortilla
Peppers and Onions
Corn
Rice
Fresh Fruit Selection
Milk

Chicken Drumstick 13
Mashed Potatoes
Steamed Broccoli
Roasted Chick Peas
Sweet Potato Bread
Fresh Fruit Selection
Milk

**"Hearty" Grilled Cheese Or
Grilled Ham and Cheese** 14
Tomato Tortellini Soup
Heart Beet Salad
Strawberry Shortcake
Milk
VALENTINES DAY

**Sloppy Joe
On WW Bun** 15
Roasted Potato Wedges and
Parsnip Chips
Tossed Salad
Fresh Fruit Selection
Milk

18

19

20

21

22

**Chicken and Biscuits
With Seasonal Vegetables** 25
Buttery Green Beans
Fresh Fruit Selection
Milk

Tasty Tacos 26
Chicken or Bean
With Cheese
Lettuce, Salsa, Sour Cream
Rice
Fresh Fruit Selection
Milk

Macaroni and Cheese 27
Butternut and
Sweet Potato Bake
Peas
Fresh Fruit Selection
Milk

**Spaghetti with
Meatballs and Marinara** 28
Broccoli
Garlic Bread
Fresh 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

