

**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 Falafel on a Bun  
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**

**BREAKFAST FOR LUNCH Pajama Day** **15**  
Scrambled Eggs  
French Toast Sticks with VT Maple Syrup  
Sausage Link  
Applesauce  
Roasted Veggies  
Milk

**18**

**19**

**20**

**21**

**22**

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

**Tasty Tacos** **26**  
Chicken 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

**CULTURE STUDIES Mongolian Fried Rice with Beef and Vegetables** **28**  
Fresh Fruit and Veggie Bar  
Milk

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER**

**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](http://MySchoolBucks.com)

