

Monday

Tuesday

Wednesday

Thursday

Friday

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

Super Bowl Friday 1
Mozzarella Sticks
Boneless Chicken Wings
Carrot and Celery Sticks with Hummus
Pretzels
Fresh Fruit and Veggie Bar
Milk

4
Meatball Subs on WW Hot Dog Bun
With Mozzarella
Or Falafel on a Bun
Caesar Salad with Romaine
Fresh Fruit and Veggie Bar
Milk

EARLY RELEASE DAY 5
Turkey 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

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

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

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

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

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

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

15
Turkey and Cheddar WRAP Or Sunbutter and Jelly WRAP
On WW Tortilla
with Shredded Lettuce
Turkey Noodle Soup
Veggie Sticks with Dip
Fresh Fruit and Veggie Bar
Milk

18

19

20

21

22

25
Macaroni and Cheese
Butternut Muffin
Peas
Fresh Fruit and Veggie Bar
Milk

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

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

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

Alternative Meal
A daily alternative to the main entrée
Bagel and Cream Cheese w/ Cheese Stick

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

