

SCHOOL MEALS ARE FREE FOR ALL

Monday

Tuesday

Wednesday

Thursday

Friday

Alternative Meal (Vegetarian):

Offered daily in addition to the main entrée.

WG Bagel with Cream Cheese, 4 oz. Yogurt and 1 oz. Cheese Square, Veggie Sticks and Dip, Fruit, Milk

NO School

1

**HAPPY
NEW YEAR**

**Crispy Chicken Tenders
Or Tofu Tenders (V)** **4**
With BBQ Sauce
Roasted Red Potato Wedges
Corn
Fruit
Milk

Pizza **5**
Pepperoni or Cheese (V)
Steamed Broccoli
Fruit
Milk

**EARLY RELEASE
Turkey & Cheese Sandwich
On Whole Grain Bread** **6**
Veggie Sticks and Dip
WG Goldfish Crackers
Fruit
Milk

Homemade Shepherd's Pie **7**
With Mashed Potatoes
Buttery Green Bean
Dinner Roll
Fruit
Milk

**BBQ Chicken Filet or
BBQ Tofu (V)** **8**
On WG Roll
Baked Beans
Fruit
Milk

WG Rotini **11**
**With Meat Sauce or
Marinara Sauce & Cottage Cheese (V)**
Sweet Green Peas
Dinner Roll
Fruit
Milk

**Mexican Soft Tacos with
Chicken or Beans (V)** **12**
Cheddar Cheese
Sour Cream and Salsa
Corn
Fruit
Milk

**EARLY RELEASE
Ham & Cheese on
WG Croissant** **13**
Cucumber Spears
Sun Chips
Fruit
Milk

Macaroni & Cheese **14**
Broccoli
Dinner Roll
Fruit
Milk

**Pulled Pork Sandwich
Or Black Bean Burger** **15**
On WG Roll
Buttery Green Beans
Fruit
Milk

NO SCHOOL **18**
Martin Luther King Day

NO SCHOOL **19**
Professional Development

**EARLY RELEASE
Italian Sub
(Ham, Pepperoni & Provolone)** **20**
On WG Sub Roll
Veggie Sticks and Dip
Fruit
Milk

**Misty Knoll
Chicken Drumsticks
Or Baked Tofu (V)** **21**
Baked Beans
Rice
Fruit
Milk

**Hamburger, Cheeseburger
or Veggie Burger (V)** **22**
Crispy Baked French Fries
Corn
Fruit
Milk

BREAKFAST FOR LUNCH **25**
Cinnamon French Toast Sticks
Sausage Links or Boiled Egg(V)
Roasted Red Potatoes
Fruit
Milk

**Burritos
Beef & Cheese or
Bean & Cheese (V)** **26**
Rice
Corn
Fruit
Milk

**EARLY RELEASE
Turkey, Bacon, Cheddar Wrap
On WG Tortilla** **27**
Cucumber Spears
Pretzels
Fruit
Milk

Loaded Baked Potato **28**
with
Ham, Cheddar, Broccoli or
Cheddar & Broccoli (V)
Homemade WG Muffin
Fruit
Milk

Grilled Cheese Sandwich **29**
Tomato Soup
Fruit
Milk