

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

5
 Pizza
 Pepperoni or Cheese (V)
 Broccoli Salad
 Fruit
 Milk

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

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

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

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

12
 Pulled Pork Sandwich
 Or Black Bean Burger
 on
 WG Roll
 Corn
 Fruit
 Milk

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

14
 Macaroni & Cheese
 Broccoli
 Dinner Roll
 Fruit
 Milk

15
 Mandarin Orange Chicken
 Or Tofu
 Buttery Noodles
 Steamed Broccoli
 Fortune Cookie
 Fruit
 Milk

18
 NO SCHOOL
 Martin Luther King Day

19
 NO SCHOOL
 Professional Development

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

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

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

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

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

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

28
 Meaty Chili or Veggie Chili
 Broccoli
 Homemade Cornbread
 Fruit
 Milk

29
 Grilled Cheese Sandwich
 Tomato Cucumber Salad
 Fruit
 Milk