

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**

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

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

6
EARLY RELEASE
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
Mexican Soft Tacos with
Chicken or Beans (V)
Cheddar Cheese
Sour Cream and Salsa
Corn
Fruit
Milk

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

14
Macaroni & Cheese
Broccoli
Dinner Roll
Fruit
Milk

15
Pulled Pork Sandwich on
WG Roll
Coleslaw
Fruit
Milk

18
NO SCHOOL
Martin Luther King Day

19
NO SCHOOL
Professional Development

20
EARLY RELEASE
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
Corn
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

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

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

29
Grilled Cheese Sandwich
Tomato and Cucumber Salad
Fruit
Milk