

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)
 With BBQ Sauce
 Roasted Red Potato Wedges
 Corn
 Fruit
 Milk

4

 Pizza
 Pepperoni or Cheese (V)
 Steamed Broccoli
 Fruit
 Milk

5
EARLY RELEASE
 Turkey & Cheese Sandwich
 On Whole Grain Bread
 Veggie Sticks and Dip
 WG Goldfish Crackers
 Fruit
 Milk

6

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

7

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

8

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

11

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

12
EARLY RELEASE
 Ham & Cheese on
 WG Croissant
 Cucumber Spears
 Sun Chips
 Fruit
 Milk

13

 Macaroni & Cheese
 Broccoli
 Dinner Roll
 Fruit
 Milk

14

 Pulled Pork Sandwich
 On WG Roll
 Coleslaw
 Fruit
 Milk

15
NO SCHOOL
 Martin Luther King Day

18
NO SCHOOL
 Professional Development Day

19
EARLY RELEASE
 Italian Sub
 (Ham, Pepperoni & Provolone)
 On WG Sub Roll
 Veggie Sticks and Dip
 Fruit
 Milk

20

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

21

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

22
BREAKFAST FOR LUNCH
 Cinnamon French Toast Sticks
 Sausage Links or Boiled Egg(V)
 Roasted Red Potatoes
 Fruit
 Milk

25

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

26
EARLY RELEASE
 Turkey, Bacon, Cheddar Wrap
 On WG Tortilla
 Cucumber Spears
 Pretzels
 Fruit
 Milk

27

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

28

 Grilled Cheese Sandwich
 Tomato, Cucumber Salad
 Fruit
 Milk

29