

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
Marti Luther King Day**

18

**NO SCHOOL
Professional Development**

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 Soup
Fruit
Milk

29