

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
**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
Chicken and Noodles
 Steamed Buttery Broccoli
 Fruit
 Milk

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

13
Macaroni & Cheese
 Broccoli
 Dinner Roll
 Fruit
 Milk

14
**Mexican Soft Tacos with
Beef or Beans**
 Cheddar Cheese, Sour Cream
 Salsa
 Corn
 Fruit
 Milk

15
NO SCHOOL
 Martin Luther King Day
 Recess

18
NO SCHOOL
 Professional Development

19
**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
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 and Cucumber Salad
 Fruit
 Milk

29