



STUDENT MEAL PRICES

Lunch \$2.50 ■ Extra Milk \$.50
Adult Lunch \$3.25



For a complete meal you must select a minimum of three ★'s. At least one ★ must be a ★ Fruit or a ★ Vegetable.

Lunch Includes

ENTRÉE (2 Stars) Choose 1

★ **PROTEIN** & ★ **GRAINS**

★ **VEGETABLES Choose 1 or 2**

- Daily: Fresh Veggie Cup
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

★ **FRUIT Choose 1**

- Fresh Fruit (Seasonal) Applesauce Cup
- Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:
100% Fruit Juice

★ **MILK Choose 1**

- 1% Low Fat White Milk **OR**
- Non Fat Chocolate Milk

Our meals meet USDA required standards for whole grains, fats, sodium and calories, and provide servings of a variety of healthy fruits and vegetables.

Happy Birthday

Dr. King!

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
~ Dr. Martin Luther King Jr.



1
NO SCHOOL
WINTER BREAK

2
NO SCHOOL
WINTER BREAK

6
Arizona Gold Bean & Cheese Burrito
OR
Italian Melt Sandwich

7
Taco Tuesday
Turkey & Cheese Taco
OR
Chicken & Cheese Taco

8
Tony's Galaxy Pepperoni Pizza

Pepperoni is a Beef/Turkey Blend - No Pork -

9
Baked Ziti **NEW!**
OR
Cheese Hot Dog (Turkey)

10
Walking Nachos

13
Cheesy Pull Aparts
OR
Chicken Corn Dog

14
Build-a-Burger Day
Your choice of
Hamburger **OR** Cheeseburger
Topping Choices: Pickles, Lettuce, Tomato, Ketchup, Mayo, Mustard, BBQ Sauce

15
Wild Mike's Cheese Pizza Wedge

16
Teriyaki Chicken Bowl with **Fortune Cookie**
OR **NEW!** Pizza Poorboy

17
Popcorn Chicken
OR
Border Bowl with Tortilla Chips

20
MARTIN LUTHER KING JR. DAY
Holiday

21
Arizona Gold Bean & Cheese Burrito

OR
Italian Melt Sandwich

22
Tony's Galaxy Pepperoni Pizza

Pepperoni is a Beef/Turkey Blend - No Pork -

23
NEW! Baked Ziti
OR
Cheese Hot Dog (Turkey)

24
Walking Nachos

27
Cheesy Pull Aparts
OR
Chicken Corn Dog

28
Build-a-Burger Day
Your choice of
Hamburger **OR** Cheeseburger
Topping Choices: Pickles, Lettuce, Tomato, Ketchup, Mayo, Mustard, BBQ Sauce

29
Wild Mike's Cheese Pizza Wedge

30
Teriyaki Chicken Bowl with **Fortune Cookie**
OR **NEW!** Pizza Poorboy

31
January Birthdays Celebration Day
Birthday Cake Cookies
Popcorn Chicken
OR
Border Bowl with Tortilla Chips

Menu is subject to change. Notice will be given if possible.

Daily Additional Entrée Choices

Peanut Butter & Jelly Sandwich ■ Turkey & Cheese **OR** Turkey-Ham & Cheese Sandwich
Also available on Fridays: Colby Jack Cheese Sticks with Crackers