




JANUARY

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) Winter Recess</p> <p>No School</p>	<p>2) Crispy Mozzarella Sticks Served w. warmed marinara sauce Mrs. Dash green beans Roasted cauliflower florets Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>3) Salsa Grilled Chicken Breast Topped with cheddar cheese Italian Mixed Vegetables Assorted Tossed Salads Campbell's bean w. bacon soup Low fat or fat free milk</p>	<p>4) Breakfast for Lunch! French Toast Sticks w. syrup Sausage Omelet Golden hash brown patty Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>5) Tony's Stuffed Crust Pizza Pepperoni or Cheese Bush's baked beans New England clam chowder Hubbard squash puree Low fat or fat free milk</p>
<p>8) Chicken Parm Patty Sandwich Served on a warmed wheat bun Italian herbed green beans Warmed cinnamon diced pears Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>9) Hot Dog w. Meat Sauce Served on a warmed wheat bun California mixed vegetables Seasoned curly fries Murphy's homemade soup Low fat or fat free milk</p>	<p>10) Taco Salad Served w. Tostito tortilla chips Lettuce, tomato, cheddar, salsa Cheesy refried beans Black bean & corn salsa Low fat or fat free milk</p>	<p>11) Turkey BLT Wrap Served on a wheat wrap Ruffles potato chips & pickles Candied yams Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>12) Tyson Chicken Nuggets Garlic & Oil Pasta Steamed broccoli florets Sweet cut carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>15) Martin Luther King Jr. Day</p> <p>No School</p> 	<p>16) Buffalo Cheese Crunchers Celery & Carrot Sticks w. 1oz Ranch Campbell's Vegetable Soup Steamed green beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>17) Cheeseburger or Hamburger Served on a warmed wheat bun Seasoned tater tots Marinated three bean salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>18) Roasted Turkey & Gravy Herbed stuffing Glazed carrot coins Fresh garden salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>19) Tyson Popcorn Chicken Vegetable rice pilaf Turkey Vegetable Soup Tasty corn niblets Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>22</p> <p>REGENTS</p> <p>COOKS CHOICE</p>	<p>23</p> <p>REGENTS</p> <p>COOKS CHOICE</p>	<p>24</p> <p>REGENTS</p> <p>COOKS CHOICE</p>	<p>25</p> <p>REGENTS</p> <p>COOKS CHOICE</p>	<p>26</p> <p>K-12 HALF DAY PROFESSIONAL DEVELOPMENT</p>
<p>29) Toasted Cheese Sandwich Served on wheat bread Savory Tomato basil soup Seasoned green beans Bush's baked beans Low fat or fat free milk</p>	<p>30) Seasoned Chicken Fajita Served on a wheat wrap Spanish rice Confetti Corn Salad Steamed broccoli florets Low fat or fat free milk</p>	<p>31) BBQ Pulled Pork Sliders Served on wheat buns Crispy French fries Marinated tomato & mozz salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p><u>DAILY ALTERNATIVE ENTREE CHOICES</u></p> <ul style="list-style-type: none"> * Made-to-order wraps * Fresh made salad with choice of topping, breadstick & Dressing * Fresh made subs & wraps to "grab & go" 	

EVERYONE CAN HAVE BREAKFAST

French Toast Sticks w. Syrup
Assorted Egg & cheese Sandwiches
English Muffins / Bagels
Milk/Fruit/Juice

Breakfast price \$2.25 daily
Lunch price \$3.25 daily
Reduced price meals:
Lunch \$.25 daily - Breakfast \$.25 daily

A la carte milk \$.60
A la carte fruit or veggies \$.80

HAPPY NEW YEAR

Menu subject to change
All meals meet the Whole Grain requirements
This institution is an equal opportunity Provider & Employer