



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) Winter Recess NO SCHOOL</p>	<p>2) Tyson Chicken Patty Parm Seasoned french fries Sweet glazed carrot coins Veggie bags/roasted chickpeas Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>3) Meatloaf dinner day Creamy mashed potatoes/gravy Fresh garden salads Garlic and herb green beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>4) Pizza Crunchers Served with sauce and parm cheese Crispy cucumber salad Steamed garlic and oil broccoli Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>5) Crispy Fish Fillet with Tartar Served on wheat roll Homemade coleslaw/sweet peas Warming minestrone soup Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>8) Hot dog served on wheat roll Oven baked cowboy beans Garden salads with oranges/raisins Baby carrots with ranch Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>9) Crispy Mozzarella Sticks Served with warm marinara sauce Fresh broccoli and ranch Campbell's bean and bacon soup Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>10) Hamburger/Cheeseburger Served on wheat roll Oven crispy French fries Crispy green bean salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>11) Tyson golden chicken nuggets Vegetable rice pilaf Grape tomato and cucumber cups Warm cinnamon applesauce Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>12) Homemade Pepperoni Pizza Served on whole grain crust Bodacious broccoli salad Chicken vegetable soup Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>15) Martin Luther King Jr. Day No School</p>	<p>16) Orange chicken noodle bowls Served with whole wheat noodle Steamed and seasoned corn Grape tomato and cucumber cups Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>17) Taco Salad Day!! Lettuce, cheese, tomato and salsa Served on warm corn chips Corn confetti salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>18) Turkey, bacon, lettuce wrap Fresh garden pasta salad Dill pickle spear/potato chips Cowboy baked beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>19) Stuffed crust cheese pizza Served on whole grain crust Delicious vegetable soup Seasoned steamed broccoli Fresh fruit / light fruit cup Low fat or fat free milk</p>
<p>22) Meatballs and Marinara Sauce Served over whole wheat penne Mediterranean chickpea salad Fresh garden salads Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>23) Salsa grilled chicken Topped w/melted cheddar cheese Crispy tortilla chips with salsa Seasoned green beans Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>24) Turkey & gravy dinner Served with creamy mashed potato Seasoned steamed corn Fresh broccoli cups with ranch Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>25) Breakfast for lunch day!! Tasty French toast sticks Savory sausage patty Golden hash brown/steamed carrots Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>26) K-12 HALF DAY PROFESSIONAL DEVELOPMENT</p>
<p>29) Meatless Monday Cheese and bean burrito Served w/salsa, lettuce, sour cream Carrots w/ranch/Corn confetti salad Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>30) Tyson popcorn chicken bowls Brown rice, corn and gravy Steamed broccoli Assorted veggie cups Fresh fruit / light fruit cup Low fat or fat free milk</p>	<p>31) Hamburger/cheeseburger Served on wheat roll Cajun seasoned French fries Creamy corn salad Fresh fruit / light fruit cup Low fat or fat free milk</p>		

Breakfast price \$1.75 daily
Lunch price \$3.25 daily
Reduced price meals:

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

Snack Prices
(choices may vary)
Assorted Yogurt - \$.75
Cookie - \$.60
Ice Cream - \$.85
Juice Cup - \$.60

Menu subject to change

Breakfast Kiosk

Cereal bars OR Whole grain Pop Tarts
Yogurt \ Fresh fruit
1% OR fat free milk
100% fruit juice
Students may choose 1 grain, fresh fruit, juice & milk
All meals meets Child Nutrition guidelines

DAILY ENTREE ALTERNATIVE LUNCH
Fresh salad with choice of topping, roll & dressing
OR
Monday-----Tuna salad sandwich
Tuesday-----Turkey w/lettuce sandwich
Wednesday----Bologna & cheese sandwich
Thursday----- PB&J uncrustable
Friday----- Ham & cheese sandwich

All meals meet the Whole Grain requirements

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.