



Monday

Tuesday

Wednesday

Thursday

Friday



1) **Winter Recess**
No School

2) **Tyson golden chicken nuggets**
 Healthy brown rice/gravy
 Steamed broccoli
 Fresh veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

3) **Cheese/pepperoni pizza**
 Served on whole grain crust
 Steamed carrots
 Minestrone soup
 Fresh fruit / light fruit cup
 Low fat or fat free milk

6) **Golden corn dog on stick**
 Delicious baked beans
 Creamy coleslaw
 Steamed green beans
 Fresh fruit / light fruit cup
 Low fat or fat free milk

7) **Meatballs and sauce**
 Served over penne pasta
 Warm garlic breadstick
 Steamed carrot coins
 Fresh fruit / light fruit cup
 Low fat or fat free milk

8) **Hamburger/cheeseburger**
 Served on warm wheat roll
 Crunchy oven fries
 Steamed broccoli
 Fresh fruit / light fruit cup
 Low fat or fat free milk

9) **Soft chicken tacos**
 Cheese, peppers, onions on wrap
 Spanish rice
 Steamed seasoned corn
 Fresh fruit / light fruit cup
 Low fat or fat free milk

10) **Cheese/pepperoni pizza**
 Served on whole grain crust
 Steamy chicken vegetable soup
 Fresh garden salads
 Fresh fruit / light fruit cup
 Low fat or fat free milk

13) **Tyson golden chicken patty**
 Served on warm wheat roll
 Seasoned sweet potato fries
 Fresh garden salad
 Fresh fruit / light fruit cup
 Low fat or fat free milk

14) **Oven toasted cheese sandwich**
 Campbell's cream of tomato soup
 Savory four bean salad
 Fresh veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

15) **Taco salad day!**
 Cheese, lettuce, tomato and salsa
 Served on warm corn chips
 Black bean and corn salad
 Fresh fruit / light fruit cup
 Low fat or fat free milk

16) **Crispy chicken wrap**
 Cheese, lettuce, ranch
 Creamy macaroni salad
 Steamed sweet carrots
 Fresh fruit / light fruit cup
 Low fat or fat free milk

17) **Garlic and oil pizza dunkers**
 Served with warm marinara sauce
 Chicken noodle soup
 Steamed california mix veggies
 Fresh fruit / light fruit cup
 Low fat or fat free milk

20) **Martin Luther King Jr. Day**
No School



21) **French bread pizza**
 Served on whole grain crust
 Zesty chickpea salad
 Steamed carrot coins
 Fresh fruit / light fruit cup
 Low fat or fat free milk

22) **Sloppy Joe served on wheat roll**
 Cajun seasoned french fries
 Fresh garden salads
 Steamed mixed veggies
 Fresh fruit / light fruit cup
 Low fat or fat free milk

23) **Tyson golden chicken nuggets**
 Garden pasta salad
 Steamed broccoli
 Fresh veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

24) **Fish filet served with tartar**
 Land O'Lakes mac and cheese
 Creamy coleslaw
 Sweet peas/veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

27) **Tyson chicken patty parm**
 Served on warm wheat roll
 Cowboy baked beans
 Fresh garden salad/roasted carrots
 Fresh fruit / light fruit cup
 Low fat or fat free milk

28) **Breakfast for lunch**
 French toast sticks
 Savory sausage patty
 Golden hash brown/veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

29) **BBQ chicken filet**
 Served with garden rice pilaf/gravy
 Steamed broccoli
 Fresh veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

30) **Pizza crunchers with sauce**
 Steamed green beans
 Black bean and corn salsa/chips
 Fresh veggie cups
 Fresh fruit / light fruit cup
 Low fat or fat free milk

31) **Cheese/pepperoni pizza**
 Served on whole grain crust
 Chicken vegetable soup
 Steamed mixed veggies
 Fresh fruit / light fruit cup
 Low fat or fat free milk

Breakfast price \$1.75 daily
Lunch price \$3.25 daily
 Reduced price meals:
 Lunch \$.0 daily - Breakfast \$.0 daily

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

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 meet Child Nutrition guidelines
 See complete menu on the Food Service website

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER.

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
 Menu subject to change

