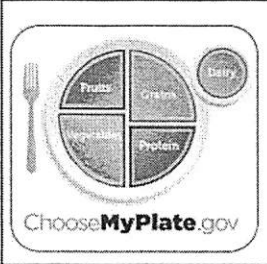


MONDAY



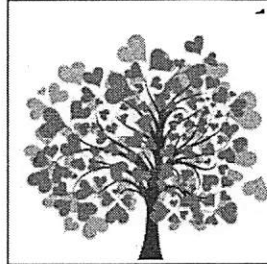
TUESDAY

The Fresh Pick of the Month is broccoli! The Harvest of the Month is Kiwi. Try some from the Garden Bar with your meal.

WEDNESDAY



THURSDAY



FRIDAY

HOLIDAY!

* = Vegetarian Item. Our menu items are trans fat free. Menu is subject to change.

5

6

7

8

9

1% White milk and non fat chocolate milk are offered daily with your meal.

12

Teachers Staff Development Day

13

1. Spaghetti & Meat Sauce
2. Rib b que on a Bun
3. Turkey Ham & Cheese Sandwich on Sliced Bread
4. Veggie Taco Salad & Tortilla Chips*

14

1. Chicken Soft Tacos
2. Cheese* or Pepperoni Pizza
3. Garden Salad Wrap on Hearty Grain Tortilla*
4. Pasta Salad with Ham & Veggies

15

1. Turkey & Gravy with Mashed Potatoes & Dinner Roll
2. Grilled Chicken Filet on a Bun
3. American Sub Sandwich on a Roll
4. Hearty Garden Salad & Dinner Roll*

16

1. Chicken Enchilada Bake
2. Cheeseburger on a Bun
3. Peanut Butter or Sun Butter & Jelly Sandwich with String Cheese*
4. Poppin' Chicken Salad & Dinner Roll

All students must select at least a 1/2 cup of fruit or vegetables at lunch and at least a 1/2 cup of fruit with breakfast meal.

19

Martin Luther King Jr. Day

20

1. Chicken Pasta Alfredo & Dinner Roll
2. Chicken Corn Dog & Tater Tots
3. Turkey Ham & Cheese on a Sub Roll
4. Beef Taco Salad & Tortilla Chips

21

1. Sweet & Sour Meatballs & Brown Rice
2. Cheese* or Pepperoni Pizza
3. Crispy Chicken Wrap on Hearty Grain Tortilla*
4. Chicken Caesar Salad & Dinner Roll

22

1. Chicken Nuggets & Brown Rice
2. Hamburger on a Bun
3. Peanut Butter or Sun Butter & Jelly Sandwich with String Cheese*
4. Crispy Chicken Salad & Dinner Roll

23

1. Turkey Hot Dog on a Bun with French Fries
2. Italian Dunkers*
3. Turkey Bologna & Cheese Sandwich on Sliced Bread
4. Fruit & Yogurt Parfait*
COOKIE DAY!

All of our grain items are whole grain rich at breakfast and lunch. Look for seasonal fruits & vegetables on your Garden Bar. Menu on back.

26

1. Chicken Sticks WG
2. Cheese* or Sausage Pizza
3. Turkey & Cheese on a Sub Roll
4. Chef Salad & Dinner Roll

27

1. Spaghetti & Meat Sauce & Dinner Roll
2. Grilled Chicken Filet on a Bun
3. Turkey Ham & Cheese on Sliced Bread
4. Veggie Taco Salad & Tortilla Chips*

28

1. Teriyaki Chicken & Brown Rice
2. Cheese* or Pepperoni Pizza
3. Garden Salad Wrap on Hearty Grain Tortilla*
4. Pasta Salad with Ham & Veggies

29

1. Turkey & Gravy with Mashed Potatoes & Dinner Roll
2. Cheeseburger on a Bun
3. American Sub Sandwich on a Sub Roll
4. Hearty Garden Salad & Dinner Roll

30

1. Bean & Cheese Enchilada Bake*
2. Italian Chicken Sandwich on a Bun
3. Peanut Butter or Sun Butter & Jelly Sandwich with String Cheese*
4. Poppin' Chicken Salad & Dinner Roll

Cookie Day is Friday, January 23rd!