



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Winter Recess
No School**



Jalapeno Nacho Burger w/ Tortilla Chips 3

Green Peas or Corn Nibblits

Fresh Fruit or Diced Pears

Chicken Cheesesteak Hoagie 4

Baked Oven Fries or Spinach

Fresh Fruit or Applesauce

Chicken Ranch Sandwich 5

Carrot Coins or Tossed Romaine Salad

Fresh Fruit or Peaches

Pepperoni Stromboli 6

Green Beans or Zucchini

Fresh Fruit or Mixed Fruit

Basket of Favorites 9
(Mini Pretzel, Nuggets & Mozzarella Sticks)

Mixed Vegetables or Vegetarian Beans

Fresh Fruit or Pineapple Tidbits

Pasta w/ Meatballs & Garlic Toast 10

Tossed Romaine Salad or Green Beans

Fresh Fruit or Peaches

Grilled Cheese Sandwich 11

Tomato Soup and Carrots

Cinnamon Apple Slices or Fresh Fruit

Nachos Grande 12

Broccoli or Cauliflower

Fresh Fruit or Diced Pears


BBQ Pork Rib Sandwich 13

Sweet Green Peas or Carrot Coins

Fresh Fruit or Mixed Fruit

Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.

Martin Luther King, Jr Day 16



Chicken Nuggets With Seasoned Pasta 17

Sweet Green Peas or Corn Nibblits

Fresh Fruit or Diced Pears

Macaroni & Cheese 18

Crispy Tater Tots or Celery Sticks

Fresh Fruit or Applesauce

Taco in a Bag w/ Rice 19

Tex Mex Beans or Green Beans

Fresh Fruit or Peaches

French Bread Pizza 20

Romaine Salad or Brussel Sprouts

Fresh Fruit or Mixed Fruit

BBQ Burger w/ Shredded Lettuce 23

Steamed Broccoli or Baked Beans

Fresh Fruit or Pineapple

Hot Ham & Cheese Melt w/ Honey Mustard 24

Sweet Green Peas or Carrot Coins

Fresh Fruit or Diced Peaches

French Toast Sticks with Sausage & Syrup 25

Baked Tater Tots or Spinach

Cinnamon Apple Slices or Chilled Juice

Quesadilla with Rice & Toppings 26

Tossed Salad or Green Beans

Fresh Fruit or Diced Pears

Meatball Sub Sandwich 27

Corn Niblets or Cauliflower

Fresh Fruit or Assorted Mixed Fruit

BBQ Pulled Turkey Sandwich 30

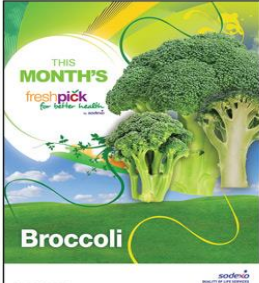
Carrot Coins or Broccoli

Fresh Fruit or Mandarin Oranges

Buffalo Chicken Sub 31

Tossed Romaine Salad or Brussel Sprouts

Fresh Fruit or Peaches



Choice of Milk Available with Lunch:
Low-Fat White, Fat Free White, Fat Free Chocolate

Entrees Available Daily
Peanut Butter & Jelly or Cheese Sandwich
Baby Carrots (1/4 c)

All Breads and Grains are Whole Grain Rich

Meal Components:

Protein, Grain, Fruit
Vegetables & Milk

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