






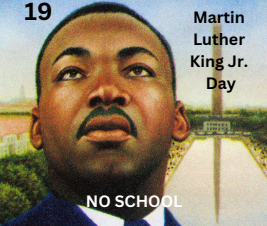




Director of Food & Nutrition

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
 Warm up chilly days with a hot meal. 			1  NO SCHOOL	2 No School
5 Cheese Filled Breadsticks w/sauce Chicken Nuggets w/bread Steamed Green Beans	6 Meatball Hoagie w/cheese Grilled Cheese Sandwich French Fries	7 Cheese Ravioli with marinara & garlic toast Hamburger on bun Fresh Broccoli	8 Hot Dog on bun Cheese Pizza Carrots	9 Hot Turkey & Cheese Sandwich Corn Dog Nuggets BBQ Baked Beans
12 Italian Dunkers Chicken Nuggets w/bread Italian Chickpeas	13 Popcorn Chicken w/rice Grilled Cheese Sandwich Steamed Broccoli	14 Yogurt Parfait w/crackers Hamburger on bun Mixed Vegetables	15 Chicken Quesadilla Cheese Pizza Stewed Tomatoes	16 No School
19  Martin Luther King Jr. Day NO SCHOOL	20 Breaded Chicken Patty on bun Grilled Cheese Sandwich BBQ Baked Beans	21 French Toast Sticks w/syrup & sausage patties Hamburger on bun Tater Tots	22 BBQ Pulled Pork on bun Cheese Pizza Fresh Broccoli & Dessert	23 Crunchy Fish Sticks Corn Dog Nuggets Steamed Carrots
26 Fiestada Pizza Chicken Nuggets w/bread Steamed Broccoli	27 BBQ Rib on bun Grilled Cheese Sandwich Italian Chickpeas	28 Yogurt Parfait w/crackers Hamburger on bun Mixed Vegetables	29 Macaroni & Cheese w/garlic toast Cheese Pizza Peas	30 Beef Soft Taco w/cheese Corn Dog Nuggets Fresh Carrots

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS