

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

No School
Alternate Meal

2

No School
Alternate Meal

3

No School
Alternate Meal

4

No School
Alternate Meal

7

- Mini Turkey Corn Dogs
- Baked Beans
- Oven Fries
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar

8

- French Toast with Syrup
- Sausage links
- Hash Browns
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

9

- Chicken & Cheese Quesadilla on 2 WW Wrap
- Peppers & Onions
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

10

- Hamburger or Cheeseburger on a Whole Wheat Roll
- with Lettuce & Tomato
- Potato Wedges
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

11

- Wild Mike's Cheese or Peperoni Pizza
- Garden Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

14

- Macaroni and Cheese with Popcorn Chicken
- Mix Vegetable
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar

15

- Beef Taco
- Shredded Cheese, Lettuce, Tomato & Salsa
- Mexican Rice
- Steamed Corn
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

16

- Grilled Cheese with Soup
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

17

- BBQ Rib Sandwich
- Sweet Potato Oven Fries
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

18

- Bosco Sticks with Marinara Sauce
- Romaine Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

21

MLK Day - No School
Alternate Meal

22

- Nacho Grande with Beef
- Cheese Lettuce Tomato
- Refried Beans
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

23

12:10 Dismissal
Sack Lunch
Ham & Cheese Sandwich or
Sunbutter and Jelly Sandwich

- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

24

- Chicken Teriyaki Bowl
- Brown Rice
- Mixed Vegetable
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

25

- Wild Mike's Cheese or Peperoni Pizza
- Spinach Salad
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Vegetable Sandwich
Yogurt Plate
Salad Bar

28

- Swedish Meatballs w/ gravy
- Egg Noodles
- Steamed Peas
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Tuna Sandwich
Yogurt Plate
Salad Bar

29

- Beef Taco
- Lettuce & Tomato
- Shredded Cheese
- Salsa
- Steamed Corn
- Steamed Rice w/ Black Beans
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar

30

- Chicken Tenders with Whole Wheat Dinner Roll
- Mashed Potato
- Steamed Carrots
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Ham & Cheese Sandwich
Yogurt Plate
Salad Bar

31

- Macaroni & Cheese
- Mixed Vegetables
- Dinner Roll
- Assorted Veggie Cups
- Assorted Fruit Cups
- 1% Low Fat Milk
- Fat Free Chocolate Milk
- Fat Free Unflavored Milk

Alternate Meal
Specialty Sandwich
Turkey & Cheese Sandwich
Yogurt Plate
Salad Bar