



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Holiday Recess	2 "Taco Tuesday" Seasoned Ground Beef on Whole Wheat Soft or Corn Tortilla Shell with Lettuce, Tomato, Cheese, Salsa & Sour Cream Brown Rice Pilaf with Black Beans Carrot & Cucumber with Ranch Dip Fresh Cut Cantaloupe	3 Cheese Tortellini with Marinara Sauce Whole Wheat Garlic Cheese Bread Caesar Salad Broccoli and Cauliflower with Ranch Dip Fresh Cut Pineapple	4 Cream of Tomato Soup Grilled Cheese on Whole Wheat Bread Peppers & Celery with Ranch Dip Fresh Cut Watermelon	5 Popcorn Shrimp with Sweet & Sour Sauce French Fries Regular or Sweet Potato Coleslaw Cherry Tomato & Cucumber with Ranch Dip Clementine
8 Beef Noodle Vegetable Soup & Whole Wheat Roll Baby Greens Toss Salad with Chick Peas Radish & Turnip with Ranch Dip Fresh Cut Orange	9 Grilled Chicken Breast Caesar Salad Corn Bread Tomato & Black Bean Salsa Carrots & Ranch Dip Fresh Cut Pineapple	10 Whole Wheat Rotini Pasta Marinara, Spinach Salad with Chick Peas Whole Wheat Garlic Cheese Bread Cucumber & Peppers with Ranch Dip Fresh Cut Watermelon	11 Open Face Hot Turkey Sandwich on Whole Wheat Bread with Gravy Red Bliss Potato Salad Peas Carrots Cran Jelly Fresh Cut Cantaloupe	12 Mini Hamburger or Cheeseburger Sliders French Fries Baby Green Toss Salad Fresh Cut Apples
15 No School Martin Luther King Day	16 No School Teacher Workshop Day	17 Spaghetti with Meat Sauce or Marinara, Whole Wheat Grilled Crostini Spinach Salad w/Chick Peas Caesar Salad Carrots & Broccoli with Ranch Dip Clementine	18 BBQ Pulled Pork on Whole Wheat Bun Whole Wheat Pasta Vegetable Salad with Black Beans Cucumber & Cauliflower with Ranch Dip Fresh Cut Pineapple	19 Pizza on Whole Wheat Dough Plain or Pepperoni Caesar Salad Peppers & Cherry Tomato with Ranch Dip Grapes
22 Ham & Mozzarella Cheese Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad Broccoli & Olives with Ranch Dip Fresh Cut Orange	23 Chicken Fingers Yellow Rice Pilaf Whole Wheat Roll Sautéed Vegetable Medley Fresh Cut Cantaloupe	24 Mac & Cheese (Plain or with Bacon), Whole Wheat Roll Baby Green Toss Salad w/Black Beans Cherry Tomato & Cucumber with Ranch Dip Fresh Cut Watermelon	25 Beef Chili with Beans Corn Bread Spinach & Kale Salad Broccoli & Carrots with Ranch Dip Fresh Cut Apples	26 Coconut Shrimp with Sweet & Sour Sauce Sweet Potato & Regular French Fries Coleslaw Peppers & Artichoke with Ranch Dip Fresh Cut Pineapple
29 Mini Grilled Chicken Breast Sliders with Cheese, Bacon, Lettuce & Tomato, Red Bliss Potato Salad Carrots & Cauliflower with Ranch Dip Fresh Cut Cantaloupe	30 Sloppy Joe on a Whole Wheat Bun French Fries Spinach Salad with Chick Peas Cucumber with Ranch Dip Maple Glazed Apples	31 Baked Whole Wheat Pasta Marinara Caesar Salad Whole Wheat Roll Broccoli & Peppers with Ranch Dip Fresh Cut Pineapple		

Snack Milk or Juice - \$0.50

Breakfast - \$1.90 (Milk or Juice Included)

Lunch - \$2.60 (Milk or Juice Included)

Drink Choices: Fat Free Skim Milk,

Low Fat Milk (White, Chocolate-Friday's Only)

Juice (Orange, Cranberry, Grape, Apple)

Alternative Lunches Available:

Deli Meats & Cheese on Multi Grain Bread

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