



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>NO SCHOOL</b>  <b>WINTER RECESS</b>	2 Corn Chowder Whole Wheat Roll Caesar Salad Carrots & Broccoli with Ranch Dip Fresh Cut Pineapple	3 Baked Whole Wheat Penne Pasta Marinara Topped w/Mozzarella, Whole Wheat Garlic Cheese Bread Spinach Salad with Black Beans Cucumber & Cauliflower with Ranch Dip Fresh Cut Cantaloupe	4 Fish Taco Coleslaw Brown Rice Pilaf Cherry Tomato & Pepper with Ranch Dip Peaches
7 Ham & Cheese Whole Wheat Flat Bread Brown Rice & Orzo Vegetable Salad Baby Green Toss Salad Cucumber & Ranch Dip Fresh Cut Apple	8 Chicken Parmesan with Whole Wheat Penne Pasta Marinara Whole Wheat Roll Caesar Salad Peppers & Carrots with Ranch Dip Blueberries	9 Hot Dog on a Whole Wheat Bun Baked Beans Broccoli & Cherry Tomato with Ranch Dip Fresh Cut Pineapple	10 American Chop Suey Whole Wheat Roll Spinach Salad with Chick Peas Cauliflower & Carrot with Ranch Dip Fresh Cut Cantaloupe	11 Fried Clams with Tarter Sauce French Fries Coleslaw Cucumber & Cherry Tomato with Ranch Dip Fresh Fruit Medley
14 Steak & Cheese Sub Sandwich on Whole Wheat Bun Caesar Salad Sweet Potato & Regular French Fries Fresh Cut Apple	15 Chef Deb's Homemade Chicken Fingers Brown Rice Pilaf Sautéed Vegetable Medley Whole Wheat Roll Fresh Cut Watermelon	16 Mac & Cheese Plain or with Ground Beef Whole Wheat Roll Baby Green Toss Salad with Black Beans Broccoli & Cucumber with Ranch Dip Fresh Cut Pineapple	17 Italian Sausage Sub on a Whole Wheat Bun with Peppers & Onions Whole Wheat Pasta Vegetable Salad Carrot & Cherry Tomato with Ranch Dip Fresh Cut Orange	18 <b>Breakfast "4" Lunch</b> Whole Wheat Plain Pancake Served with Local Maple Syrup Sausage Tater Tots Apple Sauce Fresh Cut Cantaloupe
21 <b>NO SCHOOL</b>  <b>MARTIN LUTHER KING DAY</b>	22 Mini Chicken Breast Sliders with Lettuce, Tomato & Cheese Roasted Potato Wedges Peppers & Carrots with Ranch Dip Fresh Cut Pineapple	23 Breaded Pork Cutlet with Gravy Mash Potato Green Beans Corn Whole Wheat Roll Peaches	24 Turkey & Cheddar Cheese Whole Wheat Flat Bread Whole Wheat Pasta Vegetable Salad with Black Beans Broccoli & Cauliflower with Ranch Dip Clementine	25 Filet of Fish on a Whole Wheat Bun Sweet Potato & Regular French Fries Coleslaw Peppers with Ranch Dip Fresh Cut Maple Glazed Apples
28 BBQ Pulled Pork Taco w/Lettuce, Tomato, Salsa, Sour Cream on Whole Wheat or Corn Tortilla Shell, Coleslaw Brown Rice Pilaf with Black Beans Cucumber & Carrots with Ranch Dip Fresh Cut Pineapple	29 Assorted Calzones (Ham & Cheese, Pepperoni & Cheese or 3 Cheese) Caesar Salad Broccoli & Peppers with Ranch Dip Grapes	30 Whole Wheat Rotini Pasta w/Meat Sauce or Marinara Spinach Salad Whole Wheat Garlic Cheese Bread Cauliflower & Carrots with Ranch Dip Fresh Cut Apple	31 Teriyaki Chicken Fried Rice Egg Rolls Sautéed Vegetable Medley Whole Wheat Roll 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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