



Monday	Tuesday	Wednesday	Thursday	Friday
				NO SCHOOL WINTER RECESS
4 Ham & Mozzarella Whole Wheat Flat Bread Brown Rice & Orzo Vegetable Salad Broccoli & Carrot with Ranch Dip Fresh Cut Pineapple	5 Taco Tuesday Seasoned Ground Beef w/Lettuce, Tomato, Cheese, Salsa & Sour Cream on Corn Tortilla Shell Brown Rice Vegetable Pilaf w/Black Beans Cucumber & Peppers with Ranch Dip Fresh Cut Cantaloupe	6 Baked Whole Wheat Rotini Pasta w/Marinara & Mozzarella Cheese Whole Wheat Roll Caesar Salad Cauliflower & Black Olives with Ranch Dip Fresh Cut Orange	7 Breakfast "4" Lunch Whole Wheat Plain Pancake Served with Local Maple Syrup Sausage Tater Tots Triple Berry Compote Fresh Cut Watermelon	8 Filet of Fish on a Whole Wheat Bun w/Tartar Sauce & Cheese French Fries Coleslaw Cherry Tomato & Celery with Ranch Dip Fresh Cut Apple
11 Hot Dog on a Whole Wheat Bun Baked Beans Carrots & Broccoli with Ranch Dip Clementine	12 NO SCHOOL TEACHER WORKSHOP DAY	13 American Chop Suey Whole Wheat Garlic Cheese Bread Baby Greens Toss Salad w/Chick Peas Cucumber & Radish w/Ranch Dip Fresh Cut Cantaloupe	14 BBQ Pulled Pork on Whole Wheat Bun Roasted Carrots & Brussel Sprouts Coleslaw Red Bliss Potato Salad Fresh Cut Pineapple & Mango	15 Corn Beef Dinner Corn Beef Cabbage Potato Carrot Turnip Whole Wheat Roll Fresh Cut Cantaloupe
18 Steak & Cheese on a Whole Wheat Sub Sandwich with Peppers & Onions Sweet & Regular French Fries Spinach Salad with Black Beans Grapes	19 Grilled Turkey & Cheese Sandwich on Whole Wheat Bread Whole Wheat Pasta Vegetable Salad Broccoli & Cherry Tomato w/Ranch Dip Fresh Cut Orange	20 Chicken Parmesan Egg Noodles with Marinara Sauce Whole Wheat Roll Caesar Salad Carrots & Cauliflower with Ranch Dip Fresh Cut Pineapple	21 Sloppy Joe on a Whole Wheat Bun Baby Greens Toss Salad w/Chick Peas Tater Tots Peaches	22 Cheese or Pepperoni Pizza on a Whole Wheat Crust Caesar Salad Carrots & Celery with Ranch Dip Fresh Cut Apple
25 Beef Chili topped with Shredded Cheese & Sour Cream, Corn Tortilla Chips with Homemade Salsa, Spinach Salad w/Black Beans Cucumber & Red Peppers with Ranch Dip Fresh Cut Watermelon	26 Garlic & Herb Oven Baked Chicken Breast Caesar Salad Homemade Corn Bread Cherry Tomato's & Carrots with Ranch Dip Cara Cara Oranges	27 Cheesy Mack & Cheese Plain or w/Ground Beef Whole Wheat Roll Corn Green Beans Carrots with Ranch Dip Fresh Cut Cantaloupe	28 Chicken Teriyaki Fried Rice Egg Rolls Roasted Vegetable Medley Fresh Cut Pineapple	29 Fish Taco Battered Cod Fish in a Soft or Corn Tortilla Shell w/Lettuce, Tomato, Cheese, Salsa & Sour Cream, Coleslaw Orzo Vegetable Salad Broccoli with Ranch Dip Clementine

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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