



JANUARY

**REMEMBER TO ORDER
1 DAY AHEAD!**
Students tell their
Homeroom teachers by
the morning before:
Regular or Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Holiday Break	2 No School Holiday Break	3 No School Holiday Break	4 NATIONAL SPAGHETTI DAY! SPAGHETTI & MEATBALLS Green Beans Blended Fruit Juice Veg Choice= Chili and Corn Chips^	5 PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Vegetables Mixed Fruit Cup Veg Choice= Same as Regular
8 COUNTRY CHICKEN AND RICE BOWL ^ Applesauce Cup Veg Choice= Bean burrito, salsa, mixed vegetables	9 HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Veg Choice= Macaroni and Cheese	10 CHEESE PIZZA ^ Cooked Broccoli Fresh Banana Veg Choice= Same as Regular	11 CHILI Corn Muffin ^ French Fries Fresh Orange Veg Choice= Same as Regular	12 RANCH TURKEY BURGER Hamburger Bun ^ Lettuce/Tomato Pickle Chips Apple Slices Veg Choice= Veggie Burger
15 No School MLK Jr. Day 	16 BAKED CHICKEN NUGGETS ^ French Fries Grape Juice Veg Choice= Veggie Nuggets	17 CHEESEBURGER Hamburger Bun ^ Whole Kernel Corn Pickle Chips Fresh Orange Veg Choice= Veggie Burger, Corn	18 BAGEL DOG ^ Garden Vegetables Celery Sticks Light Ranch Dressing Fresh Apple Veg Choice= Hummus, Celery, Crackers^	19 CHICKEN VEGETABLE STEW Corn Muffin ^ Fresh Tangerine Veg Choice= Veggie Burger
22 PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Vegetables Diced Pears Veg Choice= Same as Regular	23 CHICKEN DRUMSTICK W POTATO ROUNDS Green Beans Corn Muffin ^ Blended Fruit Juice Veg Choice= Chili and Corn Muffin	24 SOFT TACOS on Tortilla ^ Refried Beans Fresh Kiwi Veg Choice= Bean Burrito, tomatoes	25 MAKE YOUR OWN POPCORN CHICKEN^ SALAD DAY Romaine Lettuce Cucumbers/Ranch Sliced Apples Veg Choice= Veggie Nuggets	26 SALISBURY STEAK W/ MASHED POTATOES Baby Carrots/Ranch Fresh Pear Whole Wheat Bread ^ Veg Choice= Veggie Burger
29 CHICKEN NUGGETS^ WITH POTATO ROUNDS Maple Baked Beans Applesauce Cup Veg Choice= Veggie Nuggets, fries	30 TOASTY TUESDAY** TOASTED CHEESE SANDWICH ^ Tomato Soup^ Pickle Chips Mixed Fruit Cup Veg Choice= Same as Regular	31 SAUSAGE PIZZA ^ Romaine Lettuce Light Italian Dressing Fresh Banana Veg Choice= Cheese Pizza	1 BREAKFAST FOR LUNCH Chicken and Waffles ^ Mango Juice Diced Peaches Syrup Veg Choice= Macaroni and Cheese, Corn Muffin	2 SOUTHWESTERN BLACK BEAN BURRITO Salsa Corn Fresh Orange Veg Choice= Same as Regular

All meals served with appropriate condiments and a choice of 1% white, fat free chocolate, or organic soy milk
Veg Choice comes with same side items as Regular Menu ^ = Whole Grain

MENU IS SUBJECT TO CHANGE

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