

Monday 12/31/18	Tuesday 1/1/19	Wednesday 1/2/19	Thursday 1/3/19	Friday 1/4/19
No School	No School	Chicken Patty On a wg Bun or Mac and Cheese with Whole Grain Roll	Sloppy Joes On a wg Roll or French Toast Sticks With sausage	Spaghetti and Meatballs Garlic Bread Stick or Cheesy Pizza
		<b>Featured Veggies:</b> Stewed Tomatoes Carrot Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Potato Triangle Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Carrot Sticks Green Beans Choice of Fruit Choice of Milk

**Weekly Featured Wrap Chicken Caesar**

1/7/19	1/8/19	1/9/19	1/10/19	1/11/19
General Tso Chicken Over Brown Rice or Cheese Burger On a wg Bun	Hot Turkey Grinder with Whole Grain Roll or Nacho Grande Tortilla Chips	Chicken Nuggets with Whole Grain Roll or Sausage Egg Cheese On a wg Biscuit	Corn Dog with Whole Grain Roll or Italian Meatballs & Cheese On a wg Bun	Fish Shapes with Whole Grain Roll or Cheesy Pizza
<b>Featured Veggies:</b> Cucumber Slices Steamed Broccoli Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Chicken Noodle Soup Veg Beans Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Potato Triangles Cucumber Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baked Potato Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Carrot Sticks Peas Choice of Fruit Choice of Milk

**Weekly Featured Wrap Chicken Bacon Ranch**

1/14/19	1/15/19	1/16/19	1/17/19	1/18/19
French Toast Sticks with Sausage or Chicken Patty On a Whole Grain Bun	Chicken Nuggets with Whole Grain Roll or Nacho Grande Tortilla Chips	Mac and Cheese with Whole Grain Roll or Popcorn Chicken with Whole Grain Roll	Hot Dog On a wg Bun or Ziti & Meatballs with Whole Grain Roll	Chicken & Cheese Quesadilla or Pizza Sticks With Sauce
<b>Featured Veggies:</b> Potato Triangle Carrot Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Refried Beans Fresh Cucumber Slices Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Mashed Potatoes Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Italian Salad Fresh Broccoli Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Carrot Sticks Corn Choice of Fruit Choice of Milk

**Weekly Featured Wrap Turkey Bacon Cheddar**

1/21/19	1/22/19	1/23/19	1/24/19	1/25/19
Toasted Cheese Sandwich or Chicken Nuggets with Whole Grain Roll	Hot Dog On a wg Bun or Nachos Grande Tortilla Chips	BBQ Ribby On a wg Roll or French Toast Sticks With Sausage Patties	Mac and Cheese with Whole Grain Roll or Cheese Burger On a wg Bun	Pierogies or Cheesy Pizza
<b>Featured Veggies:</b> Tomato Soup Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Refried Beans Italian Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Potato Triangles Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cucumber Slices Stewed Tomatoes Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Carrot Sticks Peas Choice of Fruit Choice of Milk

**Weekly Featured Wrap Chicken Bacon Ranch and Cheese**

1/28/19	1/29/19	1/30/19	1/31/19	2/1/19
Chicken Patty On a wg Bun or Mac and Cheese with Whole Grain Roll	Toasted Cheese or Nacho Grande Tortilla Chips	Corn Dog with Whole Grain Roll or Italian Meatballs & Cheese On a wg Bun	General Tso Chicken Over Brown Rice or Cheese Burger On a wg Bun	Chicken & Cheese Quesadilla or Cheese Pizza
<b>Featured Veggies:</b> Steamed Corn Cucumber Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Refried Beans Tomato Soup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Curley Fries Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cucumber Slices Steamed Broccoli Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Carrot Sticks Corn Choice of Fruit Choice of Milk

**Weekly Featured Wrap Chicken Caesar**

1/28/19	1/29/19	1/30/19	1/31/19	2/1/19

**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, chocolate, vanilla and strawberry

**Weekly Vegetable Subgroups May Include:**

Dark Green - spinach, broccoli, romaine and spring salad  
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
Legumes - beans and peas  
Starchy White - potatoes, corn, peas and lima beans  
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

**Daily Fruit Selections**

May Include:  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

**Leave Your Lunch at Home**

Daily entrée options may include:

Daily entrée options may include:

Garden Salad with Whole Wheat Roll

Ham & Cheese or Turkey & Cheese Sandwich

Please take a look at the **NEW Wraps** that we will be making this month.

These will be in addition to the sandwich and salad option.



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**Student Paid Lunch \$2.85**

**Student Reduced Lunch \$0.40**

**Adult Lunch \$3.85**

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Menu is subject to change

This institution is an equal opportunity provider