



School Information:

Student Meals-\$2.65; Visitor/Adult Meals-\$3.60
January Lunches: \$53.00 Paid / \$8.00 Reduced

All meals subject to change without notice.



Nutrition Tip: Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is the prize for eating dinner, kids naturally place more value on the cupcake than the broccoli. Try to stay neutral about foods.

Monday

USDA is an equal opportunity provider and employer.



1

Tuesday

2

Wednesday

3

Thursday

4

Friday

5

Whole Grain Corn Dog
Potato Wedges
Broccoli w/Cheese
Fresh Apple & Gelatin w/Juice
Milk

8

Chicken Wrap
Romaine Lettuce & Tomato
Spanish Rice & Corn
Tropical Fruit
Milk

9

Spaghetti w/Meat Sauce
French Garlic Bread
Garden Salad
Mandarin Oranges
Milk

10

Taco Salad
Tortilla Chips & Salsa
Refried Beans
Cinnamon Puff
Fresh Watermelon
Milk

11

Grilled Cheese Sandwich
Tomato Soup w/Crackers
Steamed Carrots
Orange Wedges
Milk

12

MARTIN LUTHER KING, JR. DAY

NO SCHOOL

15

Chicken Sandwich
Potato Fries
Lettuce & Tomato
Peaches
Milk

16

Stromboli
Garden Spinach Salad
Fresh Carrots
Strawberries
Milk

17

Country Beef Pattie
Mashed Potatoes & Gravy
Wheat Roll & Jelly* (6-8)*
Broccoli & Pineapple
Milk

18

Bean & Cheese Burrito
Romaine & Tomato
Mexican Corn
Banana
Milk

19

Hot Ham & Cheese
Lettuce & Tomato
Tri-Tator & Green Beans
Cherry Crisp* (6-8)*
Fresh Kiwi
Milk

22

Baked Chicken Legs
w/Rice
Fresh Broccoli/Cherry Tomatoes
Oatmeal Roll & Jelly
Mango
Milk

23

Beef & Noodles
Green Beans
Blueberry Bread
Fresh Grapes
Milk

24

Chicken Tetrizzini
w/Breadstick
Tossed Salad w/Romaine
Seasoned Peas
Apricot halves
Milk

25

Fish on a Bun
Roasted Potatoes
Edamame
Fresh Apple
Milk

26

Taco Burger
Tortilla Chips & Salsa (6-8)
Lettuce & Tomato Slice
Refried Beans
Fresh Banana
Milk

29

Chicken & Rice
Whole Wheat Roll
Green Beans
Sliced Pears
Milk

30

Lasagna
Garlic Bread
Garden Spinach Salad
Apple Salad
Milk

31

