



ALT: 01/02-01/04 NO ALTERNATE
 01/07-01/11 Tuna Fish Sandwich
 01/14-01/18 Egg Salad Sandwich
 01/22-01/25 Grilled Cheese Sandwich
 01/28-02/01 Deli Turkey and Cheese Sandwich



Five food components are offered with each lunch - milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c fruit or vegetable. Lunch menu subject to change. Lunch \$2.85
 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Monday



Egg Patty and Cheese **7**
 On a WW Biscuit
 Sweet Potato Fries
 Assorted Fruit

Mini French Toast **14**
 Syrup
 Sausage
 Raw Veggie Cup
 Assorted Fruit

NO SCHOOL **21**
Martin Luther King, Jr Day

Mini Pancakes **28**
 Syrup
 Ham Slice
 Raw Veggie Cup
 Assorted Fruit

Tuesday

NO SCHOOL
WINTER BREAK

Roasted Turkey on a **8**
 French Bread Roll
 Soup, Carrot Sticks
 Potato Wedges
 Assorted Fruit

Chicken and Cheese **15**
 Quesadilla
 Brown Rice
 Baked Beans
 Assorted Fruit

Hotdog on a WW Roll **22**
 Baked Beans
 Potato Wedges
 Assorted Fruit

Potato Bar with all the **29**
 Fixings
 Homemade Chili
 Warm WW Dinner Roll
 Broccoli, Assorted Fruit

Wednesday

Chicken Tenders **2**
 Buttered Noodles
 Green Beans
 Assorted Fruit

Spaghetti with Meat **9**
 Sauce
 WW Bread & Butter
 Steamed Broccoli
 Assorted Fruit

Pasta with Italian **16**
 Cheese Sauce
 Steamed Broccoli
 Assorted Fruit

Cheese Ravioli **23**
 Red Sauce, Meatballs
 WW Dinner Roll
 Cooked Carrots
 Assorted Fruit

Pasta With Meat **30**
 Sauce
 WW Bread & Butter
 Cooked Carrots
 Assorted Fruit

Thursday

Cheeseburger or **3**
 Hamburger on a WW Roll
 Crinkle Fries
 Baked Beans
 Assorted Fruit

Grilled Cheese Sandwich **10**
 Pasta Salad
 Green Beans
 Assorted Fruit

Ham Slice **17**
 Garlic Knot Roll
 Loaded Ranch-Style Mashed
 Potatoes, Corn Kernel
 Assorted Fruit

Grilled Ham and Cheese **24**
 On a WW Ciabatta Roll
 Mixed Vegetables
 Assorted Fruit

Beef Nachos with all the **31**
 Fixings
 Brown Rice
 Baked Beans, Sweet Corn
 Assorted Fruit

Friday

BIG DADDY Cheese or **4**
 Pepperoni Pizza
 Steamed Broccoli
 Assorted Fruit

Tony Single Serve **11**
 Cheese Pizza
 Cooked Carrots
 Assorted Fruit

Tony's Galaxy Single **18**
 Serve Cheese Pizza
 Cooked Carrots
 Assorted Fruit

French Bread Cheese **25**
 Pizza
 Green Beans
 Assorted Fruit

