



Good luck to all Winter sports!

This institution is an equal opportunity provider



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



No School!!

Tenderloin Sandwich
Lettuce & Tomato
Steamed Broccoli
Baked Chips
Fruit
Milk **6**

Chicken Fajita/Rice
Romaine Lettuce
Refried Beans
Cheese & Salsa
Tortilla Chips/Fruit
Milk **7**

Chili Soup
Crackers
Baby Carrots
Bread & Butter
Fruit
Milk **8**

Popcorn Chicken
Mashed Potatoes
Corn
Dinner Roll
Fruit
Milk **2**

Calzone
Iceberg Lettuce
Spaghetti Sauce
Fruit
Milk **3**

Ham & Cheese Sandwich
Peas
Baked Chips
Fruit
Milk **13**

BBQ Pork Nachos
Tomato & Onion
Coleslaw/Black Beans
Granola Bar
Fruit
Milk **14**

Creamed Turkey/Roast Beef
Sandwich
Mashed Potatoes
Corn
Fruit
Milk **15**

Hot Dog Sandwich
Baked Beans
Tater Tots
Fruit
Milk **16**

Sausage Pizza
Romaine Lettuce
Baby Carrots
Fruit
Milk **17**

No School!! **20**

Hamburger Sandwich
Lettuce & Tomato
Onion Rings
Fruit
Milk **21**

Mini Corn Dogs
Baby Carrots
Baked Beans
Fruit
Milk **22**

Chicken Nuggets
Potato Smiles
Peas
Dinner Roll
Fruit
Milk **23**

Pizza Ripper
Romaine Lettuce
Bell Peppers
Fruit
Milk **24**

Chicken Patty Sandwich
Green Beans
Cheesy Potatoes
Fruit
Milk **27**

Taco Soup
Fresh Broccoli
Tortilla Chips
Apple Loaf
Fruit
Milk **28**

Chicken Strip Wrap
Lettuce & Tomato
Baby Carrots
Granola Bar
Fruit
Milk **29**

Italian Meatballs
Breadstick w/Sauce
Special Salad
Fruit
Milk **30**

Chicken Quesadilla
Romaine Lettuce
Corn & Bean Salsa
Fruit
Milk **31**