


















**LUNCH** Meal Prices: Elementary: \$2.30 Middle School: \$2.25 High School: \$2.25 Adult: \$3.00

Week One— Jan. 2-6		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Entrée Choices</b>	No School	<b>Chicken Nuggets</b> Cal: 290 Fat: 20g Protein: 12g Carb: 15g	<b>Cheeseburger w/Bun</b> Cal: 348 Fat: 18g Protein: 17g Carb: 31g	<b>BBQ Beef on Bun</b> Cal: 248 Fat: 7g Protein: 17g Carb: 30g	<b>Grilled Cheese Sandwich</b> Cal: 357 Fat: 22g Protein: 14g Carb: 26g
			<b>Turkey &amp; Swiss Wrap</b> Cal: 291 Fat: 12g Protein: 22g Carb: 23g	<b>Trio Meat &amp; Chz Wrap</b> Cal: 256 Fat: 10g Protein: 18g Carb: 23g	<b>Buffalo Chicken Wrap</b> Cal: 399 Fat: 22g Protein: 18g Carb: 32g	<b>Chicken Salad Wrap</b> Cal: 292 Fat: 12g Protein: 18g Carb: 25g
	<b>Side Item</b>		<b>Mashed Potatoes w/gravy</b> Cal: 133 Fat: 5g Protein: 4g Carb: 19g	<b>Corn Chips</b> Cal: 160 Fat: 10g Protein: 2g Carb: 16g	<b>Tator Tots</b> Cal: 200 Fat: 11g Protein: 3g Carb: 24g	<b>Chili</b> Cal: 180 Fat: 10g Protein: 14g Carb: 9g
	<b>Vegetable</b>		<b>Green Beans</b> Cal: 16 Carb: 3g	<b>Peas</b> Cal: 75 Carb: 13g	<b>Carrots</b> Cal: 30 Carb: 6g	
	<b>Fruit Selections</b>	<b>Apple</b> Cal: 95 Carb: 19g	<b>Banana</b> Cal: 105 Carb: 14g	<b>Fruit Cocktail</b> Cal: 70 Carb: 18g	<b>Grapes</b> Cal: 55 Carbs: 14g	<b>Mandarin Oranges</b> Cal: 77 Carb: 20g
		<b>Melon</b> Cal: 47 Carb: 11g	<b>Orange</b> Cal: 69 Carb: 17g	<b>Peaches</b> Cal: 70 Carb: 17g	<b>Pears</b> Cal: 60 Carb: 14g	<b>Pineapple</b> Cal: 80 Carb: 19g
	<b>Salad Bar Offerings</b>	<b>Broccoli, Cauliflower</b> Cal: 7 Carb: 1g	<b>Carrots</b> Cal: 13 Carb: 3g	<b>Celery, Cucumbers</b> Cal: 5 Carb: 1g	<b>Mixed Lettuce</b> Cal: 10 Carb: 1g	<b>Tomatoes</b> Cal: 8 Carb: 2g
		<b>Shredded Cheese</b> Cal: 110 Carb: <1g	<b>Hard Cooked Egg</b> Cal: 33 Carb: 0g	<b>Pasta Salad</b> Cal: 144 Carb: 17g	<b>Potato Salad</b> Cal: 141 Carb: 17g	<b>Croutons</b> Cal: 35 Carb: 4g
		<b>Creamy Italian</b> Cal: 120 Carb: 3g	<b>Italian</b> Cal: 120 Carb: 1g	<b>French</b> Cal: 150 Carb: 10g	<b>Lite Ranch</b> Cal: 70 Carb: 3g	<b>Ranch</b> Cal: 170 Carb: 1g
<b>Salad Bar Offerings will vary day-to-day.</b>						
	<b>Milk</b>	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Sugar: 12g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g
		<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g
		<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g







**LUNCH** Meal Prices: Elementary: \$2.30 Middle School: \$2.25 High School: \$2.25 Adult: \$3.00

Week Two– Jan. 9-13		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Entrée Choices</b>	<b>Pepperoni Pizza</b> Cal: 320 Fat: 13g Protein: 16g Carb: 36g	<b>Grilled Chicken w/ Bun</b> Cal: 251 Fat: 4g Protein: 27g Carb: 27g	<b>Nachos Grande</b> Cal: 351 Fat: 21g Protein: 21g Carb: 17g	<b>Turkey &amp; Gravy</b> Cal: 166 Fat: 6g Protein: 23g Carb: 7g	<b>Cheeseburger w/Bun</b> Cal: 348 Fat: 18g Protein: 17g Carb: 31g
		<b>Roast Beef &amp; Chz Wrap</b> Cal: 264 Fat: 13g Protein: 14g Carb: 22g	<b>Caesar Chicken Wrap</b> Cal: 395 Fat: 23g Protein: 23g Carb: 22g	<b>Ham &amp; Cheese Wrap</b> Cal: 300 Fat: 14g Protein: 18g Carb: 23g	<b>Italian Wrap</b> Cal: 355 Fat: 19g Protein: 22g Carb: 23g	<b>Buffalo Chicken Wrap</b> Cal: 399 Fat: 22g Protein: 18g Carb: 32g
	<b>Side Item</b>	<b>Dinner Roll</b> Cal: 80 Fat: 2g Protein: 3g Carb: 14g	<b>Tortilla Chips</b> Cal: 140 Fat: 7g Protein: 1g Carb: 18g		<b>Dinner Roll</b> Cal: 80 Fat: 2g Protein: 3g Carb: 14g	
	<b>Vegetable</b>	<b>Broccoli w/ Cheese</b> Cal: 58 Carb: 4g	<b>Corn</b> Cal: 88 Carb: 17g	<b>Green Beans</b> Cal: 16 Carb: 3g	<b>Mashed Potatoes</b> Cal: 110 Carb: 17g	<b>Broccoli</b> Cal: 13 Carb: 2g
	<b>Fruit Selections</b>	<b>Apple</b> Cal: 95 Carb: 19g	<b>Banana</b> Cal: 105 Carb: 14g	<b>Fruit Cocktail</b> Cal: 70 Carb: 18g	<b>Grapes</b> Cal: 55 Carbs: 14g	<b>Mandarin Oranges</b> Cal: 77 Carb: 20g
		<b>Melon</b> Cal: 47 Carb: 11g	<b>Orange</b> Cal: 69 Carb: 17g	<b>Peaches</b> Cal: 70 Carb: 17g	<b>Pears</b> Cal: 60 Carb: 14g	<b>Pineapple</b> Cal: 80 Carb: 19g
	<b>Salad Bar Offerings</b>	<b>Broccoli, Cauliflower</b> Cal: 7 Carb: 1g	<b>Carrots</b> Cal: 13 Carb: 3g	<b>Celery, Cucumbers</b> Cal: 5 Carb: 1g	<b>Mixed Lettuce</b> Cal: 10 Carb: 1g	<b>Tomatoes</b> Cal: 8 Carb: 2g
	<b>Dressings</b>	<b>Shredded Cheese</b> Cal: 110 Carb: <1g	<b>Hard Cooked Egg</b> Cal: 33 Carb: 0g	<b>Pasta Salad</b> Cal: 144 Carb: 17g	<b>Potato Salad</b> Cal: 141 Carb: 17g	<b>Croutons</b> Cal: 35 Carb: 4g
		<b>Creamy Italian</b> Cal: 120 Carb: 3g	<b>Italian</b> Cal: 120 Carb: 1g	<b>French</b> Cal: 150 Carb: 10g	<b>Lite Ranch</b> Cal: 70 Carb: 3g	<b>Ranch</b> Cal: 170 Carb: 1g
Salad Bar Offerings will vary day-to-day.						
	<b>Milk</b>	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Sugar: 12g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g
		<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g
		<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g

**LUNCH** Meal Prices: Elementary: \$2.30 Middle School: \$2.25 High School: \$2.25 Adult: \$3.00

Week Three– Jan. 16-20		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Entrée Choices</b>	<b>No School</b>	<b>Pepperoni Pizza</b> Cal: 320 Fat: 13g Protein: 16g Carb: 36g	<b>Hot Dog w/ Bun</b> Cal: 297 Fat: 17g Protein: 11g Carb: 26g	<b>Chicken Patty on Bun</b> Cal: 350 Fat: 17g Protein: 16g Carb: 35g	<b>Spaghetti w Meat Sauce</b> Cal: 375 Fat: 13g Protein: 28g Carb: 34g
			<b>Trio Meat &amp; Chz Wrap</b> Cal: 256 Fat: 10g Protein: 18g Carb: 23g	<b>Turkey &amp; Swiss Wrap</b> Cal: 291 Fat: 12g Protein: 22g Carb: 23g	<b>Mexi Taco Wrap</b> Cal: 344 Fat: 17g Protein: 24g Carb: 24g	<b>Cold Cut &amp; Chz Wrap</b> Cal: 256 Fat: 10g Protein: 18g Carb: 23g
	<b>Side Item</b>			<b>Corn Chips</b> Cal: 160 Fat: 10g Protein: 2g Carb: 16g	<b>Tator Tots</b> Cal: 200 Fat: 11g Protein: 3g Carb: 24g	<b>Dinner Roll</b> Cal: 80 Fat: 2g Protein: 3g Carb: 14g
	<b>Vegetable</b>		<b>Peas</b> Cal: 75 Carb: 13g	<b>Carrots</b> Cal: 30 Carb: 6g	<b>California Blend</b> Cal: 26 Carb: 4g	<b>Peas</b> Cal: 75 Carb: 13g
	<b>Fruit Selections</b>	<b>Apple</b> Cal: 95 Carb: 19g	<b>Banana</b> Cal: 105 Carb: 14g	<b>Fruit Cocktail</b> Cal: 70 Carb: 18g	<b>Grapes</b> Cal: 55 Carbs: 14g	<b>Mandarin Oranges</b> Cal: 77 Carb: 20g
		<b>Melon</b> Cal: 47 Carb: 11g	<b>Orange</b> Cal: 69 Carb: 17g	<b>Peaches</b> Cal: 70 Carb: 17g	<b>Pears</b> Cal: 60 Carb: 14g	<b>Pineapple</b> Cal: 80 Carb: 19g
	<b>Salad Bar Offerings</b>	<b>Broccoli, Cauliflower</b> Cal: 7 Carb: 1g	<b>Carrots</b> Cal: 13 Carb: 3g	<b>Celery, Cucumbers</b> Cal: 5 Carb: 1g	<b>Mixed Lettuce</b> Cal: 10 Carb: 1g	<b>Tomatoes</b> Cal: 8 Carb: 2g
		<b>Shredded Cheese</b> Cal: 110 Carb: <1g	<b>Hard Cooked Egg</b> Cal: 33 Carb: 0g	<b>Pasta Salad</b> Cal: 144 Carb: 17g	<b>Potato Salad</b> Cal: 141 Carb: 17g	<b>Croutons</b> Cal: 35 Carb: 4g
		<b>Creamy Italian</b> Cal: 120 Carb: 3g	<b>Italian</b> Cal: 120 Carb: 1g	<b>French</b> Cal: 150 Carb: 10g	<b>Lite Ranch</b> Cal: 70 Carb: 3g	<b>Ranch</b> Cal: 170 Carb: 1g
<b>Salad Bar Offerings will vary day-to-day.</b>						
	<b>Milk</b>	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Sugar: 12g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g
		<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g
		<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g

**LUNCH** Meal Prices: Elementary: \$2.30 Middle School: \$2.25 High School: \$2.25 Adult: \$3.00

Week Four– Jan. 23-27	Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Entrée Choices</b></p>	<b>Cheeseburger w/Bun</b> Cal: 348 Fat: 18g Protein: 17g Carb: 31g	<b>Pepperoni Pizza</b> Cal: 320 Fat: 13g Protein: 16g Carb: 36g	<b>Lasagna</b> Cal: 309 Fat: 13g Protein: 18g Carb: 30g	<b>Beef Taco</b> Cal: 380 Fat: 23g Protein: 17g Carb: 23g	<b>Italian Meatball Sub</b> Cal: 403 Fat: 18g Protein: 26g Carb: 36g
	<b>Italian Wrap</b> Cal: 355 Fat: 19g Protein: 22g Carb: 23g	<b>Buffalo Chicken Wrap</b> Cal: 399 Fat: 22g Protein: 18g Carb: 32g	<b>Roast Beef &amp; Chz Wrap</b> Cal: 264 Fat: 13g Protein: 14g Carb: 22g	<b>Mexi Taco Wrap</b> Cal: 344 Fat: 17g Protein: 24g Carb: 24g	<b>Chicken Salad Wrap</b> Cal: 292 Fat: 12g Protein: 18g Carb: 25g
 <p><b>Side Item</b></p>		<b>Brownie</b> Cal: 159 Fat: 6g Protein: 2g Carb: 24g	<b>Garlic Bread</b> Cal: 115 Fat: 4g Protein: 3g carb: 16g		
 <p><b>Vegetable</b></p>	<b>Corn</b> Cal: 88 Carb: 17g	<b>Carrots</b> Cal: 30 Carb: 6g	<b>Green Beans</b> Cal: 16 Carb: 3g	<b>Peas</b> Cal: 75 Carb: 13g	<b>Carrots</b> Cal: 30 Carb: 6g
 <p><b>Fruit Selections</b></p>	<b>Apple</b> Cal: 95 Carb: 19g	<b>Banana</b> Cal: 105 Carb: 14g	<b>Fruit Cocktail</b> Cal: 70 Carb: 18g	<b>Grapes</b> Cal: 55 Carbs: 14g	<b>Mandarin Oranges</b> Cal: 77 Carb: 20g
	<b>Melon</b> Cal: 47 Carb: 11g	<b>Orange</b> Cal: 69 Carb: 17g	<b>Peaches</b> Cal: 70 Carb: 17g	<b>Pears</b> Cal: 60 Carb: 14g	<b>Pineapple</b> Cal: 80 Carb: 19g
 <p><b>Salad Bar Offerings</b></p> <p><b>Dressings</b></p>	<b>Broccoli, Cauliflower</b> Cal: 7 Carb: 1g	<b>Carrots</b> Cal: 13 Carb: 3g	<b>Celery, Cucumbers</b> Cal: 5 Carb: 1g	<b>Mixed Lettuce</b> Cal: 10 Carb: 1g	<b>Tomatoes</b> Cal: 8 Carb: 2g
	<b>Shredded Cheese</b> Cal: 110 Carb: <1g	<b>Hard Cooked Egg</b> Cal: 33 Carb: 0g	<b>Pasta Salad</b> Cal: 144 Carb: 17g	<b>Potato Salad</b> Cal: 141 Carb: 17g	<b>Croutons</b> Cal: 35 Carb: 4g
	<b>Creamy Italian</b> Cal: 120 Carb: 3g	<b>Italian</b> Cal: 120 Carb: 1g	<b>French</b> Cal: 150 Carb: 10g	<b>Lite Ranch</b> Cal: 70 Carb: 3g	<b>Ranch</b> Cal: 170 Carb: 1g
	Salad Bar Offerings will vary day-to-day.				
 <p><b>Milk</b></p>	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Sugar: 12g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g
	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g	<b>Skim</b> Cal: 90 Fat: 0g Carb: 13g
	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g

**LUNCH** Meal Prices: Elementary: \$1.90 Middle School: \$2.05 High School: \$2.05 Adult: \$2.65

Week Five– Jan. 30-31		Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Entrée Choices</b>	<b>No School</b>	<b>Chicken Nuggets</b> Cal: 290 Fat: 20g Protein: 12g Carb: 15g			
			<b>Roast Beef &amp; Swiss Wrap</b> Cal: 264 Fat: 12g Protein: 15g Carb: 22g			
	<b>Side Item</b>		<b>Dinner Roll</b> Cal: 80 Fat: 2g Protein: 3g Carb: 14g			
	<b>Vegetable</b>	<b>Corn</b> Cal: 66 Carb: 16g	<b>Mashed Potatoes w/Gravy</b> Cal: 133 Carb: 19g			
	<b>Fruit Selections</b>	<b>Apple</b> Cal: 95 Carb: 19g	<b>Banana</b> Cal: 105 Carb: 14g	<b>Fruit Cocktail</b> Cal: 70 Carb: 18g	<b>Grapes</b> Cal: 55 Carbs: 14g	<b>Mandarin Oranges</b> Cal: 77 Carb: 20g
		<b>Melon</b> Cal: 47 Carb: 11g	<b>Orange</b> Cal: 69 Carb: 17g	<b>Peaches</b> Cal: 70 Carb: 17g	<b>Pears</b> Cal: 60 Carb: 14g	<b>Pineapple</b> Cal: 80 Carb: 19g
	<b>Salad Bar Offerings</b>	<b>Broccoli, Cauliflower</b> Cal: 7 Carb: 1g	<b>Carrots</b> Cal: 13 Carb: 3g	<b>Celery, Cucumbers</b> Cal: 5 Carb: 1g	<b>Mixed Lettuce</b> Cal: 10 Carb: 1g	<b>Tomatoes</b> Cal: 8 Carb: 2g
		<b>Shredded Cheese</b> Cal: 110 Carb: <1g	<b>Hard Cooked Egg</b> Cal: 33 Carb: 0g	<b>Pasta Salad</b> Cal: 144 Carb: 17g	<b>Potato Salad</b> Cal: 141 Carb: 17g	<b>Croutons</b> Cal: 35 Carb: 4g
		<b>Creamy Italian</b> Cal: 120 Carb: 3g	<b>Italian</b> Cal: 120 Carb: 1g	<b>French</b> Cal: 150 Carb: 10g	<b>Lite Ranch</b> Cal: 70 Carb: 3g	<b>Ranch</b> Cal: 170 Carb: 1g
<b>Salad Bar Offerings will vary day-to-day.</b>						
	<b>Milk</b>	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g <b>Skim</b> Cal: 90 Fat: 0g Carb: 13g <b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g <b>Skim</b> Cal: 90 Fat: 0g Carb: 13g <b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g <b>Skim</b> Cal: 90 Fat: 0g Carb: 13g <b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Sugar: 12g <b>Skim</b> Cal: 90 Fat: 0g Carb: 13g <b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g	<b>1% Low Fat</b> Cal: 110 Fat: 3g Carb: 13g <b>Skim</b> Cal: 90 Fat: 0g Carb: 13g <b>Skim Chocolate</b> Cal: 130 Fat: 0g Carb: 31g

Menus Subject To Change  
White And Wheat Bread Available At All Meals

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