



[USDA Nondiscrimination Statement](#)



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Hot Wings, Fish Sandwich, Chef Salad, Ham & Cheese Sandwich, Yogurt Box, Tossed Salad, Celery & Carrot Sticks, Ranch Potato Wedge, WG Roll, Mandarin Oranges/Apples, Apple Juice, Variety of Milk **7**

Chicken Nuggets, BBQ Rib Sandwich, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed Salad, French Fries, Steamed Broccoli, Roll WG, Mandarin Orange/Apple, Apple Juice, Variety of Milk **14**

No School **21**

Martin Luther King Day

Spaghetti, Italian Dunkers, Chef Salad, Ham & Cheese Sandwich, Coleslaw, Corn on the Cob, Garlic Bread, Mandarin Oranges/Apple/Apple Juice, Variety of Milk **28**

Tuesday

BREAK **1**

Chicken Alfredo, BBQ Rib Sandwich, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Peas & Carrots, Steamed Broccoli Tossed Salad, Garlic Breadstick, Oranges/Pineapple/Grape Juice, Variety of Milk **8**

Chicken Filet Sandwich, Spicy Chicken Sandwich, Yogurt Box, Turkey & Cheese Sandwich, Chef Salad, Glazed Carrots, Baby Bakers, Orange/Pineapple, Grape Juice, Variety of Milk **15**

Popcorn Chicken, General TSO's Chicken w/Rice, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Stir Fry Veggies, Tater Tots, Tossed Salad, WG Roll, Mandarin Oranges/Apple, Apple Juice, Variety of Milk **22**

BBQ Sandwich, Hotdog, Ham & Cheese Sandwich, Chef Salad, Tossed Salad, Baked Beans, Tater Tots, Grapes/Pineapple/Grape Juice, Variety of Milk **29**

Wednesday

BREAK **2**

Chicken Fried Steak, Turkey Roast, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **9**

Chicken Fried Steak, Chicken Strips, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **16**

Chicken Fried Steak, Turkey Roast, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **23**

Chicken Fried Steak, Chicken Strips, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **30**

Thursday

Taco, Chicken Quesadilla, Chef Salad, Turkey & Cheese Sandwich, Salsa, WG Chips, Lett/Tom Cup, Carrots w/Ranch, Orange/Peach Cup/Grape Juice, Variety of Milk **3**

Beef & Cheese Nacho's, Mac & Cheese, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Let/Tom/Cup, Refried Beans, Mexican Rice, Carrots w/dip, Grapes/Peach Cup, Grape Juice, Variety of Milk **10**

Hamburger, Cheeseburger, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Sandwich Trimmings, Tater Tots, Pinto Beans, Grapes/Peach Cup, Grape Juice, Variety of Milk **17**

Chicken Fajita, Crispito w/queso Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Lett/Tom Cup, Salsa, WG Chips, Refried Beans, Mexican Rice, Grapes/Peach Cup, Grape Juice, Variety of Milk **24**

Taco, Chicken Quesadilla, Chef Salad, Turkey & Cheese Sandwich, Salsa, WG Chips, Lett/Tom Cup, Carrots w/Ranch, Orange/Peach Cup/Grape Juice, Variety of Milk **31**

Friday

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick / Apple, Chocolate Chip Cookie WG, Variety of Milk **4**

Pepperoni Pizza, Cheese Pizza Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick / Apple, Chocolate Chip Cookie WG, Variety of Milk **11**

Pepperoni Pizza, Cheese Pizza Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick / Apple, Chocolate Chip Cookie WG, Variety of Milk **18**

Pepperoni Pizza, Cheese Pizza Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick /Apple, Chocolate Chip Cookie WG, Variety of Milk **25**

