



Monday	Tuesday	Wednesday	Thursday	Friday
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On the Menu for Breakfast:

WG Rice Chex Fresh Apple 1% Milk	WG Blueberry Muffin 100% Apple Juice 1% Milk	Soy Butter w/ WG Grahams 1/2 Banana 1% Milk	WG Bagel w/ Cream Cheese Fresh Orange Slices 1% Milk	Reduced Sugar Cocoa Puffs 100% Apple Juice 1% Milk
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On the Menu for Lunch:

VEGETARIAN .. Available Daily: Grilled Cheese, Yogurt w/1/2 Cheese Sandwich, WOW Butter & Jelly Sandwich

		1	2	3
Fluid Milk .. 3/4 cup Vegetables / Fruits .. 1/2 cup Grains / Breads .. 1/2 serving Lean Meat, Poultry, Fish .. 1-1/2 oz Menu subject to change.		NO SCHOOL HAPPY NEW YEAR	Mozzarella Sticks w/ Marinara Dip Green Beans Chilled Fruit Mix 1% Milk	Beef Chili w/ WG Corn Muffin Tater Tots Chilled Pineapple 1% Milk
6	7	8	9	10
Cheese Pizza 1/2 oz. Cheese Fresh Broccoli Chilled Blueberries 1% Milk	Ham/ Cheese Melt on on WG Hamburger Roll Cucumber/ Tomato Salad Chilled Pears 1% Milk	Chicken Fries WG Dinner Roll Baked Fries Chilled Peaches 1% Milk	Fish Sticks WG Dinner Roll Macaroni & Cheese Carrots/ Peas 1% Milk	WG Chicken Patty Parm on WG Breadstick Stewed Tomatoes Apple Slices 1% Milk
13	14	15	16	17
Cheese Pizza 1/2 oz Cheese Black Bean/ Corn Salad Chilled Fruit Mix 1% Milk	Cheeseburger WG Roll Baked Fries Chilled Applesauce 1% Milk	Popcorn Chicken & WG Dinner Roll Mashed Potatoes Cooked Carrots 1% Milk	Penne Pasta w/ Meat Sauce w/ WG Breadstick Garden Salad Chilled Peaches 1% Milk	Egg & Cheese on WG Biscuit Hash Brown Chilled Pears 1% Milk
20	21	22	23	24
NO SCHOOL  <i>MARTIN LUTHER KING JR. DAY</i>	Tuna Salad on WG Hot Dog Roll Sweet Potatoes Fries Chilled Pineapple 1% Milk	French Toast Sticks Turkey Sausage Patty Hash Brown Blueberries 1% Milk	Beef Meatloaf WG Biscuit Carrots Chilled Applesauce 1% Milk	Teriyaki Chicken WG Dinner Roll Rice Peas 1% Milk
27	28	29	30	31
Cheese Pizza 1/2 oz Cheese Broccoli Slaw w/ Ranch Dressing Chilled Applesauce 1% Milk	Grilled Cheese Tomato Soup Tater Tots Chilled Fruit Mix 1% Milk	Meatballs WG Dinner Roll Buttered Noodles Green Beans 1% Milk	Hamburger on WG Roll Sweet Potato Fries Veggie Beans 1% Milk	Chicken Nuggets WG Bread Stick Baked Fries Mandarin Oranges 1% Milk

This Institution is an equal opportunity provider and employer

				Any Cafeteria questions or concerns, please call Patricia at 609-487-7900 x 5070.
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