



**CHOICE OF 1%OR SKIM MILK
OFFERED DAILY!
MENU SUBJECT TO CHANGE**



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

WINTER

1

BREAK

Tuesday

WINTER

2

BREAK

Wednesday

WINTER

3

BREAK

Thursday

WINTER

4

BREAK

Friday

WINTER

5

BREAK

CHICKEN SOFT TACOS 8
LETTUCE TOMATO CORN
SALSA DICED PEARS
MILK

FRITO PIE CHEESE 9
LETTUCE/TOMATO
FRESH WG ROLL
APPLESAUCE MILK

PIZZA 10
TOSSED SALAD 1OZ RANCH
PINEAPPLE TIDBITS
MILK

TURKEY CORN DOG 11
OVEN FRIES, 1OZ KETCHUP
1OZ MUSTARD
ORANGE SMILES MILK

QUESADILLA 12
CORN
DICED PEACHES
MILK

NO 15
SCHOOL
MLK Jr. DAY

BEAN AND CHEESE 16
BURRITO
TOSSED SALAD 1OZ RANCH
APPLESAUCE MILK

CHEESEBURGER 17
LETTUCE/TOMATO OVEN FRIES
1OZ KETCHUP, MUSTARD MAYO,
ORANGE SMILES MILK

CHICKEN FAJITAS W/ 18
VEGGIES, PINTO BEANS
CHEESE, 1OZ SALSA
DICED PEACHES MILK

GRILLED CHEESE 19
CARROTS/CELERY 1OZ
RANCH ORANGE SMILES
MILK

CHARBROILED BEEF PATTY 22
WHIPPED POTATOES, GRAVY
FRESH WG ROLL DICED PEARS
MILK

CHICKEN QUESADILLA 23
CORN
DICED PEACHES
MILK

PIZZA 24
TOSSED SALAD 1OZ RANCH
PINEAPPLE TIDBITS
MILK

CHICKEN NUGGETS 25
OVEN FRIES 1OZ KETCHUP
ORANGE SMILES
MILK

NO 26
SCHOOL

CHICKEN PATTY ON WG BUN 29
OVEN FRIES, 1OZ KETCHUP
DICED PEARS MILK

FRITO PIE, CHEESE 30
LETTUCE/TOMATO
FRESH WG ROLL APPLESauce

BEEFY MACARONI AND CHEESE 31
TOSSED SALAD 1OZ RANCH
DICED PEARS MILK

