

School Meals are free for all students!
Milk without a meal \$0.60
We still need your Free and Reduced Meal Application. Apply on line at myschoolapps.com



Wednesday

Thursday

Friday

6
 Macaroni and Cabot Cheddar Cheese
 Butternut Squash
 Celery Sticks
 Fruit

7
 Beef or Bean Nachos
 Black Bean and Corn Salad
 Rice
 Fruit

8
 Turkey, Bacon & Cheddar Wrap
 Broccoli with Dip
 Fruit
Early Release

9
 Shepherd's pie or Lentil shepherd's pie
 Dinner Roll
 Buttery Green Beans
 Fruit

10
 Cheese, Pepperoni or Chef's Choice Pizza
 Caesar Salad
 Carrot Sticks
 Fruit

13
 Chicken Tenders or Baked Tofu
 Cornbread
 Steamed Broccoli
 Fruit

14
 Beef or Bean Taco
 Lettuce and Tomatoes
 Refried beans
 Brown Rice
 Fruit

15
 Rotini with Marinara Or Meat Sauce
 Garlic Bread
 Spinach Salad
 Fruit

16
 Pulled Pork or B.B.Q Tofu on a Roll
 Asian Slaw
 Edamame
 Fruit

17
 Grilled Cheese or Grilled Turkey and Cheese
 Corn Chowder
 Carrot Sticks
 Fruit

20
 Spaghetti and Meatballs
 Garlic Bread
 Sweet Peas
 Fruit

21
 Chicken and Biscuit
 Roasted Green Beans
 Fruit

22
 Chicken or Tofu Caesar Wrap
 Sweet Potato Waffle fries
 Cauliflower w/ Dip
 Fruit

Lunch Alternative:
Monday, Wednesday and Friday:
 Peanut butter and jelly
Tuesday and Thursday:
 Grilled Cheese

Breakfast Menu:
 Monday- Sweet Bread
 Tuesday- Yogurt and Granola
 Wednesday-Breakfast Sandwiches
 Thursday- Fresh Baked Good
 Friday- Bagel and Cream Cheese

Happy New Year!