

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

Ham and Cheese or 1
Tuna Salad on a Croissant
Tomato soup
Sun chips
Fruit

Thursday

Beef or Tofu Meatball Sub 2
On a Whole Grain Roll
Roasted Cauliflower
Red Bell Pepper Strips
Fruit

Friday

Breaded Fish Sticks 3
Roasted Potato Wedges
Broccoli salad
Biscuit
Fruit

Macaroni and 6
Cabot Cheddar Cheese
Butternut Squash
Celery Sticks
Fruit

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

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

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

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

Chicken Tenders or 13
Baked Tofu
Cornbread
Steamed Broccoli
Fruit

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

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

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

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

Spaghetti and Meatballs 20
Garlic Bread
Sweet Peas
Fruit

Chicken and Biscuit 21
Roasted Green Beans
Fruit

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

Lunch Alternative:
Peanut Butter and Jelly or Grilled Cheese

Breakfast Menu:
Monday- French Toast
Tuesday- Scrambled Eggs, Whole Wheat Toast
Wednesday- Pancakes
Thursday- Oatmeal
Friday- Egg Sandwiches

Happy New Year!