

Monday
Tuesday
Wednesday
Thursday
Friday

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

Macaroni and Cabot Cheddar Cheese **6**
Butternut Squash
Celery Sticks
Fruit

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

Turkey, Bacon & Cheddar or Egg Salad Wrap **8**
Broccoli with Dip
Fruit
New England Clam Chowder

Beef or Tofu Meatball Sub **9**
On a Whole Grain Roll
Roasted Cauliflower
Red Bell Pepper Strips
Fruit

Breaded Fish Sticks **3**
Roasted Potato Wedges
Broccoli salad
Biscuit
Fruit

Chicken Tenders or Baked Tofu **13**
Cornbread
Steamed Broccoli
Fruit

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

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

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

Grilled Cheese or Grilled Ham and Cheese **10**
Corn Chowder
Carrot Sticks
Fruit

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

Cheese, Pepperoni or Chef's Choice Pizza **17**
Caesar Salad
Carrot Sticks
Fruit

Spaghetti and Meatballs **20**
Garlic Bread
Sweet Peas
Fruit

Chicken and Biscuit **21**
Roasted Green Beans
Fruit

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

Lunch Alternative:
Monday, Wednesday and Friday:
Sunbutter and jelly
Tuesday and Thursday:
Turkey Sandwich

Breakfast Menu:
Cereal available every day
Monday- Breakfast Bun
Tuesday- Yogurt and Graham Crackers
Wednesday- Breakfast Sandwich
Thursday- Fresh Baked Muffin
Friday- Bagel and Cream Cheese

Happy New Year!