

Name:
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

Ham and Cheese or **1**
 Tuna Salad on a Croissant
 Tomato Soup
 Sun Chips
 Fruit

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

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
 New England Clam Chowder

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

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

Early Release

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
 Asian Slaw
 Edamame
 Fruit

Cheese, Pepperoni or **17**
 Chef's Choice Pizza
 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 **22**
 Caesar Wrap
 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!