

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

Baked Potato Bar **7**
Ham/ Cheese & Broccoli
House Made Cornbread
Fruit

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

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

Breaded Fish Sandwich **10**
Roasted Potato Wedges
Broccoli salad
Biscuit
Fruit

Chicken Tenders or Baked Tofu **13**
Buttermilk Biscuit
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

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

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

Early Release

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

Hamburger, Cheeseburger or Black Bean Burger **21**
Sweet Potato Waffle fries
Fruit

Chicken or Tofu Caesar Wrap **22**
Marinated Green Bean Salad
Fruit

Breakfast
Two choices available daily
A variety of Baked Goods/ Egg Dishes and Cereals.

Lunch Alternatives
Monday, Wednesday, Friday
Peanut Butter and Jelly

Tuesday and Thursday
Grilled Cheese

Happy New Year!