

**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](http://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

**ALL SCHOOL COOKING DAY** **17**  
Homemade Pizza  
Caesar Salad  
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!