





Monday	Tuesday	Wednesday	Thursday	Friday
2  Winter Break Continues 	3  Teacher Workday	4 Corn Dog Nuggets Baked Beans Doritos® Assorted Fruit	5  Chicken Quesadilla w/ Sauce Steamed Corn Garden Salad Cookie 	6 Cheeseburger w/ Lettuce & Tomato French Fries Assorted Fruit
9 Fish w/ Tartar Sauce & Cole Slaw Steamed Corn Black Eyed Peas Bread	10 Popcorn Chicken Green Beans Wheat Roll  Assorted Fruit	11 Vegetable Soup w/Turkey Ham & Cheese Sandwich  Garden Salad Crackers	12 Oven Fried Chicken Whipped Potatoes Turnip Greens Wheat Roll 	13 Taco w/ Meat & Cheese Steamed Broccoli Cookie  Assorted Fruit
16 Martin Luther King Jr. Day No School 	17  BBQ Chicken Flatbread  w/ Cole Slaw Sweet Potatoes Assorted Fruit	18 Student Planned	19 Chicken & Rice Soup w/ Toasted Cheese Sandwich  Garden Salad Assorted Fruit	20 Philly Steak Sandwich w/ Cheese French Fries Assorted Fruit
23 Hot Ham & Cheese on Croissant  Scalloped Potatoes Green Peas	24 Bean Soup w/ Toasted Cheese Sandwich  Garden Salad Cookie 	25 Chicken Strip Wrap  w/Shredded Lettuce & Ranch Dressing California Blend Assorted Fruit	26  Cheese Ravioli  Spinach Salad Breadstick Assorted Fruit	27 Hot Dog on Bun  w/ Chili & Slaw Baked Beans Potato Wedges
30 Grilled Chicken Sandwich w/ Lettuce & Tomato Sun Chips  Steamed Broccoli Assorted Fruit	31 Manager's Choice	<p>It's National Soup Month! Did you know...</p> <p>Americans eat over 10 billion bowls of soup every year! The first evidence of our ancestors eating soup dates back to 6000 B.C. Can you guess what kind it was?....Hippopotamus! Soup is a super cold weather meal - hot and nutritious!</p> 		


Breakfast Menu


Everyday
Choices include Cereal or Yogurt & Graham Crackers or Toast
Juice and Milk
Other Choices:

Monday
French Toast Minis 
or Blueberry Muffin 
& Graham Crackers

Tuesday
Breakfast Pizza or Pop Tart 
& Graham Crackers

Wednesday
Egg & Cheese Biscuit, Breakfast Wrap or Pancakes 

Thursday
Sausage Biscuit or Apple or Cinnamon Roll w/drizzle 

Friday
Chicken Biscuit or Breakfast Bar 

A variety of pizza, hot & cold sandwiches, salads, fruits, juice and vegetables are offered daily along with the regular menu in secondary schools.

We offer a variety of Skim and 1% Milk everyday. Served with meals and sold A La Carte. Crackers are offered daily as a bread serving.

 = Whole Grain