



**School Information:** We hope you all enjoyed your Winter Break!



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

WINTER BREAK

2

WINTER BREAK

3

Taco Burger on Bun, Tortilla Chips (6-12), Tomato Salsa, Dark Lettuce Leaf, Refried Beans, Banana, Canned Fruit (6-12), and Milk

4

Lasagna, Garlic Bread Stick w/Marinara Sauce, Garden Salad, Fresh Baby Carrots, Apple Slices, Cookie, Canned Fruit (6-12), and Milk

5

Chicken Patty Snd, Mashed Pot Gravy, Steamed Asparagus, Sliced Pears, Fresh Fruit (6-12), and Milk

6

Alternate: Peanut Butter & Jelly

Alternate: Popcorn Chicken

Alternate; Fruit, Yogurt, & Granola Parfait

Sweet & Sour Chicken Nuggets, Seasoned Rice, Asian Fresh Vegetables, Cherry Tomatoes, Celery Sticks, Tropical Fruit (6-12), and Milk  
Alternate: Yogurt & Blueberry Muffin Plate

9

Super Nachos, Romain Lettuce, Southwestern Lentils, Tomato Salsa, Fresh Mixed Fruit Cup, Canned Fruit (6-12), and Milk

10

Alternate: Chicken Crispito

Cheese Breadsticks w/Marina, Seasoned Corn, Tossed Salad, Kiwi, Canned Fruit (6-12), and Milk

11

Alternate: Grilled Chicken Sandwich

Pulled Pork Sandwich, Creamy Cole Slaw, Baked Beans, Strawberries, Canned Fruit (6-12), and Milk

12

Alternate: Hamburger on Bun

Cheese Pizza, Steamed Carrots, Broccoli Florets, Pineapple, Cherry Crisp (6-12), and Milk

13

Alternate: Beef Taco

Chicken Tetrizzini, Garlic Break, Tossed Salad, Sliced Cucumbers, Baby Carrots, Apricots, Fresh Fruit (6-12), and Milk

16

Alternate: Pork Rib on a Bun

Hamburger on Bun, Dark Green Leaf Lettuce, Tomato Slice, Oven Fries, Red Bell Pepper Strips, Orange Slices, Canned Fruit (6-12), and Milk

17

Alternate: Turkey & Cheese Sub

Beef & Noodles, Dinner Roll, Mashed Potatoes, Green Beans, Grapes, Canned Fruit (6-12), and Milk

18

Alternate: Popcorn Chicken

Chicken Tenders, Savory Rice, Biscuit, Broccoli, Cherry Tomatoes, Mango, Canned Fruit (6-12), and Milk

19

Alternate: Fruit, Yogurt, & Granola Parfait

Sloppy Joe on a Bun, Roasted R Potatoes, Edamame, Apple Slices, Canned Fruit (6-12), and Milk

20

Alternate: Peanut Butter & Jelly

Beef & Bean Burrito, Tortilla Chips (6-12), Salsa, Romaine Lettuce Salad, Street Corn, Banana, Canned Fruit (6-12), and Milk  
Alternate: Yogurt & Blueberry Muffin

23

Macaroni & Cheese w/ Meatballs, Bread w/Jelly, Baked Beans, Baby Carrots, Apple Salad, Canned Fruit (6-12), and Milk  
Alternate; Pepperoni Pizza

24

Grilled Chicken Sandwich, Snow Peas, Baked Beans, Summer Fruit Salad, Brownie (6-12), Canned Fruit (6-12), and Milk  
Alternate: Calzone

25

Turkey & Cheese Sub Sandwich, Dark Green Lettuce Leaf, Tomato Slice, Sweet Potato Fries, Canned Fruit (6-12), and Milk  
Alternate: Hamburger on Bun

26

Country Style Beef Pattie, Roll (6-12), Mashed Potatoes & Gravy, Steamed Broccoli, Pineapple, Canned Fruit (6-12), and Milk  
Alternate: Cheese Pizza

27

Hot Ham & Cheese, Tomato Soup, Potato Wedges, Broccoli, Fruit Cocktail, Fresh Fruit (6-12), and Milk

30

Alternate: Pork Rib on a Bun

Pepperoni Pizza, Celery Sticks, Cherry Tomatoes, Orange Slices, Canned Fruit (6-12), and, Milk

31

Alternate: Turkey & Cheese Sub



\*Menu is Subject to Change

