



January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

This institution is an equal opportunity provider and employer.

Tuesday

**No School
Winter Break**

Wednesday

Thursday

Friday

Beef/Chicken Nachos 7
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Teriyaki 8
Orange Chicken
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Turkey Gravy with Mashed Potatoes 9
Chicken Nugget Bowl
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Cheese Ripper With Tomato Soup 10
Tortellini
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 11
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Fish Burger
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 14
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

BBQ Pork Sandwich 15
Baked Potato with Chili
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Drumstick 16
Buffalo Chicken
Tot'chos
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Tortilla Soup 17
Pork Enchilada
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 18
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Fish Burger
Chicken Caesar Wrap
Chicken Caesar Salad

**No School 21
Martin Luther King Jr. Day**

Chicken Teriyaki 22
Orange Chicken
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Turkey Gravy with Mashed Potatoes 23
Chicken Nugget Bowl
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Cheese Ripper With Tomato Soup 24
Tortellini
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 25
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Fish Burger
Chicken Caesar Wrap
Chicken Caesar Salad

**No School 28
Non-Student Day**

BBQ Pork Sandwich 29
Chicken Rice Soup
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Drumstick 30
Buffalo Chicken
Tot'chos
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Tortilla Soup 31
Pork Enchilada
Corn Dog
Chicken Caesar Wrap
Chicken Caesar Salad

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch AND Hummus Plate.

Included with All Lunches
Fruit & Vegetable Garden Bar
1% White or NF Chocolate Milk

Menu selections may change based on product availability.

*Juliana Fisher, MS, RDN, CD
Director, Food Services*

Meal Prices

Breakfast

Elementary	\$1.75
Secondary	\$2.00
Reduced K-12	Free
Adult	\$2.40

Lunch

Elementary	\$3.00
Secondary	\$3.25
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.00
Milk Only	\$0.50