

Monday

Tuesday

Wednesday

Thursday

Friday

2019

No School Today!

Happy New Year!!

Grilled Chili & Cheese
Hot Dog on Wheat Roll
Baked Beans
Spicy Potato Wedges
Broccoli Cup w/ Ranch Dip
Fresh Local Pear

Cheese Pizza
Crisp Romaine Caesar Salad
Celery Sticks
Hummus Dip
Fresh Peach

Cherry Blossom Chicken
over Brown Rice
Wheat Breadstick
Stir Fry Veggies
Crunchy Carrot Sticks
Fresh Mac Apple

Lean Hamburger on a
Whole Grain Bun
Crinkle Cut French Fries
Steamed Hawaiian Carrots
Peach Applesauce Cup

Chicken Club Sandwich
(Grilled Chicken, Bacon,
and Ranch on a Wheat Roll)
Broccoli Cranberry Slaw
Oven Roasted Red Potatoes
Fresh Banana

Nachos with Beef, Cheese,
Lettuce, Tomatoes & Salsa
with Whole Grain Tortilla Chips
Spanish Rice
Simmered Black Beans
Cauliflower Cup
Fresh Strawberry Cup

Pepperoni & Cheese Pizza
Mesclun Mixed Greens Salad
w/Chick Peas, Tomatoes, & Cukes
Pepper Sticks with
Hummus Dip
Fresh Local Pear

Spaghetti and Meatballs
in Marinara Sauce
Garden Tossed Salad with
Garbanzo Beans
Garlic Toast
Carrot Sticks
Fresh Mac Apple

Mozzarella Sticks
with Marinara Dipping Sauce
Whole Wheat Breadstick
Romaine Salad with
Tomatoes & Cukes
Granny Smith Apple

Early Dismissal Day!

Grab n' Go Available in the Cafeteria

Chicken and Cheese
Whole Grain Quesadilla
Salsa Cup
Seasoned Brown Rice & Black Beans
Steamed Green Beans
Fresh Native Peach

Cheese Pizza
Spinach Salad with
Peppers, Cukes, Tomatoes &
Garbanzo Beans w/Honey Mustard
Cauliflower Cup
Fresh Banana

Creamy Chicken & Broccoli
Alfredo over Penne Pasta
Carrot Sticks
Hummus Dip
Caesar Salad
Fresh Florida Orange

No School Today!!

Happy Martin Luther King Day!!

Cheese Ravioli's with
Meat Sauce or Veggie Alfredo
Garlic Bread
Red Pepper Sticks
Steamed Broccoli Crowns
Florida Orange Wedges

Curry Chicken & Broccoli
over Seasoned Brown Rice
Whole Wheat Dinner Roll
Stir Fry Mixed Veggies
Celery Sticks w/Hummus
Strawberry Banana Applesauce

Pepperoni & Cheese Pizza
Crisp Caesar Salad
Carrotini's with Ranch Dip
Red Seedless Grapes

Meatball Grinder on
a Whole Wheat Roll
Bag of Doritos
Four-Bean Salad
Cucumber Cup
Fresh Mac Apple

Cheese Bites with
Marinara Dipping Sauce
Corn Bread Squares
Leafy Greens Salad with
Chick Peas, Cukes & Tomatoes
Strawberry Applesauce

Nachos with Beef, Cheese,
Lettuce, Tomatoes & Salsa
with Whole Grain Tortilla Chips
Brown Rice with Red Beans
Broccoli Cup
Fresh Strawberry Cup

Falcon Pasta!!
Cheeseburger Pasta
Garlic Knot
Romaine Mixed Salad
Baby Carrots with Honey Mustard
Florida Orange Wedges

Cheese Pizza
Spinach Salad with Strawberries
and Scratch Made Vinaigrette
100% Juice Italian Ice
Fresh Mac Apple

ALTERNATE MEALS AVAILABLE DAILY: SALAD WITH 2 PROTEINS (1 OZ MEAT, 1 OZ CHEESE, OR 4 OZ YOGURT) AND 1 OZ WG BREAD OR SANDWICH WITH 2 OZ PROTEINS

** ALL MEALS OFFERED WITH 8 OZ FAT FREE OR 1% REDUCED FAT MILK, ½ CUP FRUIT, 1 CUP VEGETABLE **

WG: WHOLE GRAIN

WW: WHOLE WHEAT

NOTE: MENU IS SUBJECT TO CHANGE

