

# WIS PRIMARY SCHOOL MENU

## JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Soups Monday Thursday  <b>Winter Break</b>	1  <b>Winter Break</b>	2  <b>Winter Break</b>	3  <b>Winter Break</b>	4  <b>Winter Break</b>
7 Turmeric Chicken Quinoa Primavera & Stuffed Tomato Option Garden Burger Vegetable Soup  Snack Fresh Fruit Cup	8 Hamburger w/ Lettuce Tomato w / Pretzel Roll Red Roasted Potatoes Option Garden Burger  Snack: Carrot Celery Sticks	9 Cheese Ravioli Pasta w/ Marinara Sauce Grilled Vegetables Herb Garlic Bread Caesar Salad  Snack: Apple Sauce	10 Chicken Gyro /Pita Vegetarian Couscous Greek Cucumber Salad Option Vegetarian Vegetable Pita Beef Noodle Soup Snack: Hummus Cup	11  PIZZA Fresh Salad Sliced Fruit
14 Baked Cod Fish Macaroni Cheese Tossed Salad Chicken Noodle Soup Option Hummus Platter  Snack: Yogurt Parfait Cup	15 Brazilian Chicken w/ Vegetarian Paella Garden Salad Vegetarian Option Vegetarian Wrap  Snack: Pineapple Cup	16 Penne Pasta w/ Meat Marinara Sauce Bread Sticks Fresh Roasted Zucchini Salad Caesar  Snack: Oatmeal Raisin Cookie	17 Traditional Roasted Turkey Breast Yukon Mashed Potatoes Roasted Vegetables Option Stuffed Tomato Tomato Soup Snack: Sliced Apples	18  Pizza Fresh Salad Sliced Fruit
21  <b>Martin Luther King Holiday</b>	22 Fish Taco Cilantro Rice Steamed Carrots Mexican Toss Salad Option Vegetable Taco  Snack: Banana	23 Chicken Alfredo w/ Bowtie Pasta Steamed Broccoli Caesar Salad Option: Vegetarian Stir Fry  Snack: Mandarin Orange Cup	24 Meatloaf w/ Brown Gravy Roasted Acorn Squash Fresh Green Beans Option: Black Bean Burger Vegetable Bean Soup  Snack: Rice Krispies Bar	25  Pizza Fresh Salad Sliced Fruit
28 Turkey Burger w/ Multigrain Roll Lettuce Tomato Aztec Corn Salad Minestrone Soup  Snack : Cheese String	29 Orange Chicken Jasmine Rice Vegetarian Eggroll Fresh Asian Vegetables  Snack: Fresh Fruit Cup	30 Spaghetti Pasta Meatballs w/ Marinara Sauce Garlic Bread Fresh Green Beans Garden Salad  Snack: Yogurt	31 Chicken Wing Nuggets Scalloped Potato Roasted Vegetables Option Roasted Vegetarian Wrap Garden Vegetable Soup Snack: Brownies	