

WIS PRIMARY SCHOOL MENU

JANUARY 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
Homemade Soups Monday Thursday Winter Break		1 Winter Break		2 Winter Break		3 Winter Break		4 Winter Break	
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 Martin Luther King Holiday		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 Whole Wheat Roll Seasoned Potato Wedges Lettuce Tomato Aztec Corn Salad Minestrone Soup Snack : Carrot Celery Sticks/ Ranch		29 Orange Chicken Jasmine Rice Vegetarian Eggroll Fresh Asian Vegetables Snack: Fresh Fruit Cup		30 Spaghetti Pasta Meatballs w/ Marinara Sauce Garlic Bread Sticks Fresh Green Beans Garden Salad Snack: Yogurt Parfait		31 Chicken Wing Nuggets Scalloped Potato Roasted Vegetables Option Roasted Vegetarian Wrap Garden Vegetable Soup Snack: Brownies			