

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



New Year's Day **1**

Winter Break **2**

Winter Break **3**

Happy New Year!! Lets make 2020 the best year yet!

**6**  
 Chicken Fried Steak Sandwich 50g  
 Italian Dunkers (V) 30g  
 Classic Chef Salad 6g  
 Ham & Cheese Sandwich 31g  
  
 Western Baked Beans 40g  
 Baby Carrots 6g  
 Garden Salad 5g  
 Pineapple Tidbits 17g  
 Orange Smiles 16g

**7**  
 Cheesy Chicken Spaghetti 21g  
 Frito Chili Pie (V) 76g  
 Classic Chef Salad 6g  
 Sunbutter & Jelly Sandwich & String Cheese (V) 46g  
  
 Golden Corn 17g  
 Celery Sticks 2g  
 Caesar Salad 6g  
 Diced Peaches 15g  
 Fresh Banana 27g  
 \*Rice Krispies Treat! 9g

**8**  
 Creamy Mac & Cheese (V) 31g  
 Chicken Nuggets 16g & Dinner Roll 30g  
 Chicken Caesar Salad 9g  
 All American Sandwich 31g  
  
 Whipped Potatoes & Gravy 20g  
 Baby Carrots 6g  
 Garden Salad 5g  
 Diced Pears 13g  
 Sliced Apples 25g

**9**  
 French Toast Sticks & Sausage 37g  
 Corn Dog 30g  
 Crispy Chicken Salad 21g  
 Strawberry Banana Parfait & String Cheese (V) 61g  
  
 Tater Tots 14g  
 Fresh Broccoli 2g  
 Caesar Salad 6g  
 Applesauce 15g  
 Fresh Banana 27g

**10**  
 Fajita Chicken Quesadilla 30g  
 Pepperoni Pizza 35g  
 Crispy Chicken Salad 21g  
 Kidzable: Italian 39g  
  
 Groovy Green Beans 5g  
 Celery Sticks 2g  
 Garden Salad 5g  
 Mixed Fruit 13g  
 Orange Smiles 16g

Variety of fat free and low fat milk 13-22g are offered daily.

**13**  
 Asian Meatballs & Lo Mein 62g  
 Chicken Tenders & Dinner Roll 26g  
 Classic Chef Salad 6g  
 Terrific Turkey & Cheese Sandwich 31g  
  
 Roasted Broccoli 5g  
 Baby Carrots 6g  
 Garden Salad 5g  
 Pineapple Tidbits 17g  
 Orange Smiles 16g

**14**  
 Chicken Enchilada Suiza 35g  
 Beefy Nachos 34g  
 Classic Chef Salad 6g  
 Sunbutter & Jelly Sandwich (V) 46g  
  
 Refried Beans 29g  
 Celery Sticks 2g  
 Caesar Salad 6g  
 Diced Peaches 15g  
 Fresh Banana 27g

**15**  
 Goopy Grilled Cheese Sandwich (V) 30g  
 Chicken & Waffles 33g  
 Chicken Caesar Salad 6g  
 Ham & Cheese Sandwich 30g  
  
 Emoji Potatoes 18g  
 Fresh Broccoli 2g  
 Garden Salad 5g  
 Diced Pears 13g  
 Sliced Apples 25g

**16**  
 Crispy Chicken Sandwich 47g  
 BBQ Glazed Drumstick & Dinner Roll 22g  
 Crispy Chicken Salad 22g  
 Blueberry Patch Parfait & String Cheese (V) 45g  
  
 Western Baked Beans 40g  
 Caesar Salad 6g  
 Celery Sticks 2g  
 Applesauce 15g  
 Fresh Banana 27g

**17**  
 Charbroiled Hamburger 33g  
 Home-Style Cheese Pizza (V) 32g  
 Crispy Chicken Salad 22g  
 Kidzable: Turkey & Mozzarella 36g  
  
 Seasoned Carrots 8g  
 Fresh Broccoli 2g  
 Garden Salad 5g  
 Mixed Fruit 13g  
 Orange Smiles 16g

Local ingredients used when seasonally available.

**20**  
 Martin Luther King Jr. Day  
  
 Roasted Broccoli 5g  
 Baby Carrots 6g  
 Garden Salad 5g  
 Pineapple Tidbits 17g  
 Orange Smiles 16g

**21**  
 Cheesy Omelet & Buttery Toast (V) 10g  
 Walking Nachos 27g  
 Classic Chef Salad 6g  
 Sunbutter & Jelly Sandwich (V) 46g  
  
 Baked Cinnamon Apples 27g  
 Fresh Broccoli 2g  
 Caesar Salad 6g  
 Diced Peaches 15g  
 Fresh Banana 27g

**22**  
 Chicken Nuggets & Dinner Roll 30g  
 Sloppy Joe 48g  
 Chicken Caesar Salad 10g  
 All American Sandwich 31g  
  
 Whipped Potatoes & Gravy 20g  
 Baby Carrots 6g  
 Garden Salad 5g  
 Diced Pears 13g  
 Apple Slice 25g

**23**  
 Tater Tot Casserole & Twisted Breadstick 49g  
 Corn Dog 30g  
 Crispy Chicken Salad 22g  
 Double Berry Parfait & String Cheese (V) 58g  
  
 Mixed Vegetables 11g  
 Caesar Salad 6g  
 Fresh Broccoli 2g  
 Applesauce 15g  
 Fresh Banana 27g

**24**  
 Rib-b-que Sandwich 42g  
 Cheese Pizza (V) 32g  
 Crispy Chicken Salad 22g  
 Kidzable: Ham & Cheese 44g  
  
 Western Baked Beans 40g  
 Garden Salad 5g  
 Celery Sticks 2g  
 Mixed Fruit 13g  
 Orange Smiles 16g

(V) Denotes a vegetarian friendly item

**27**  
 Charbroiled Cheeseburger 33g  
 Mexi-Chicken Nachos 32g  
 Classic Chef Salad 6g  
 Terrific Turkey & Cheese 31g  
  
 Frijoles ala Charro 20g  
 Garden Salad 5g  
 Celery Sticks 2g  
 Pineapple Tidbits 17g  
 Orange Smiles 16g

**28**  
 Hearty Chili & Cinnamon Roll (V) 80g  
 Creamy Mac & Cheese (V) 34g  
 Classic Chef Salad 6g  
 Sunbutter & Jelly Sandwich (V) 46g  
  
 Roasted Broccoli 5g  
 Caesar Salad 6g  
 Baby Carrots 6g  
 Diced Peaches 15g  
 Fresh Banana 27g

**29**  
 Italian Dunkers (V) 50g  
 Chicken Nuggets & Dinner Roll 30g  
 Chicken Caesar Salad 10g  
 All American Sandwich 31g  
  
 Whipped Potatoes & Gravy 20g  
 Fresh Broccoli 2g  
 Garden Salad 5g  
 Diced Pears 13g  
 Apple Slices 25g

**30**  
 Home Run Hotdog 32g  
 Chicken Enchilada Suiza 35g  
 Crispy Chicken Salad 21g  
 Strawberry Fields Parfait & String Cheese (V) 70g  
  
 Golden Corn 17g  
 Baby Carrots 6g  
 Caesar Salad 6g  
 Applesauce 15g  
 Fresh Banana 27g

**31**  
 Scratch Beefy Lasagna 36g  
 Pepperoni Pizza 35g  
 Crispy Chicken Salad 22g  
 Kidzable: Italian 39g  
  
 Roasted Squash & Zucchini 3g  
 Celery Sticks 2g  
 Garden Salad 5g  
 Mixed Fruit 13g  
 Orange Smiles 16g

Fresh Pick for January is Oranges! Oranges are the perfect portable delicious and healthy snack. They are fat sodium cholesterol free and an excellent source of vitamin C. Brighten up your plate this month