




Waits River Valley School Lunch January 2023



Meals Are Free To All Students

Menus are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Oven Baked Corn Dog Roasted Sweet Potato Wedges Fresh Fruit & Veggie Bar Milk Variety	3 Hawaiian Pork Sliders w/ Spicy Mayo and Pineapple Slaw Cilantro Lime Cabbage Slaw Fresh Fruit & Veggie Bar Milk Variety	4 Spaghetti w/ Meat Sauce Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety	5 Cheesy Breadsticks Marinara Sauce Fresh Fruit & Veggie Bar Milk Variety	6 Layered Chicken Bowl Homemade Dinner Roll Fresh Fruit & Veggie Bar Milk Variety
9	Chicken Patty Sandwich w/Lettuce & Tomato Hand Cut French Fries Fresh Fruit & Veggie Bar Milk Variety	10 Dress Your Own Burger on a Bun Homemade Potato Salad Fresh Fruit & Veggie Bar Milk Variety Winter Beach Party	11 Hearty Chicken & Biscuits Steamed Green Peas Fresh Fruit & Veggie Bar Milk Variety National Spaghetti Day	12 Creamy Macaroni & Cheese Roasted Beet Wedges Homemade Cornbread Fresh Fruit & Veggie Bar Milk Variety	13 Fluffy Pancakes Real Maple Syrup Sweet & White Homefries Sausage Links Fresh Fruit & Veggie Bar Milk Variety
16	No School	17 Tater Tot Nachos Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	18 Hearty Homemade Meatloaf Chef's Mashed Potato Steamed Green Beans Dinner Roll Fresh Fruit & Veggie Bar Milk Variety BIRTHDAY CELEBRATION	19 Chicken Alfredo w/Pasta Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety	20 Crispy Fish Nuggets Fresh Creamy Coleslaw Tartar Sauce Hand Cut French Fries Homemade Dinner Roll Fresh Fruit & Veggie Bar Milk Variety
23	Meatball Sub (Beef & Chicken Meatballs) Garden Pasta Salad Fresh Fruit & Veggie Bar Milk Variety	24 Chicken & Cheddar Quesadilla w/ Salsa Spanish Rice Fresh Fruit & Veggie Bar Milk Variety	25 Cheesy Breadsticks Marinara Sauce Fresh Fruit & Veggie Bar Milk Variety	26 Hot Roast Pork Sandwich Chef's Mashed Potato Steamed Carrots Chilled Applesauce Cup Fresh Fruit & Veggie Bar Milk Variety	27 Hot Ham & Cheese Pinwheels Magenta Root Slaw Fresh Fruit & Veggie Bar Milk Variety Taste Test Event; Beet
30	Oven Baked Chicken Nuggets BBQ Sauce Roasted Potato Wedges Homemade Dinner Roll Fresh Fruit & Veggie Bar Milk Variety	31 Taco Bar w/ The Works Garden Salsa Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	 <p>Please advise us if special meal accommodations are required for allergens or other special dietary needs.</p> 		

Adult Breakfast \$2.10
Adult Lunch \$4.75
Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

Assorted Deli Sandwichs, Nacho Fun Meal, Fruit & Yogurt Parfait w/Granola
Fresh Fruit & Veggie Bar
Fresh, Dried, or Canned Fruit, Skim White Milk, 1% White Milk, & Fat Free Chocolate Milk Offered With All Meals.

[Daily Pizza Options K-8](#)

[Deli Options K-8](#) [Grab & Go Nachos](#)

[Fruit & Yogurt Parfait w/Granola](#)

[Fresh, Dried Or Canned Fruit](#)

[Condiments](#) [Milk](#)

Pay for meals on-line.
Click Image Below



Harvest of the Month:
Beet



Click on the image above for more info on the Harvest of the Month!

This institution is an equal opportunity provider.