

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL 1

HAPPY NEW YEAR!

Hamburger or Cheese-Burger on WW Bun 2
WG Onion Rings
Sweet Peas or Carrot Sticks

Alternatives: Turkey & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

Cheese or Pep French Bread Pizza 3
Buffalo Cauliflower
Garden Salad

Alternatives: Turkey & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Smoothie Meal

General Tso's Chicken 9
Fried Rice w/ Broccoli & Snow peas, Fortune Cookie

Alternatives: Ham & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Grilled Cheese Sandwich 10
on Wheat, Chicken Soup
Popcorn Treat & Garden Salad

Alternatives: Ham & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Fruit & Cinnamon Nacho Plate

Scrambled Eggs 16
Sausage Patty
Hash brown Patty, Broccoli
Cucumber Slices

Alternatives: Chicken Salad or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Cheese or Pep Calzone 17
WG Cheesy Breadstick
Garden Salad

Alternatives: Chicken Salad or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Smoothie Meal

Chicken Wings 23
Mashed Potatoes
Cooked Carrots, WW Dinner Roll

Alternatives: Roast Beef or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Pizza 24
Green Beans or
Garden Salad, WW Dinner Roll

Alternatives: Roast Beef or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Fruit & Yogurt Plate

Meatball Sub w/ 30
Cheese on WW Roll
Steamed Broccoli

Alternatives: Tuna or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Grilled Cheese Sandwich 31
on Croissant, Tomato Soup
Steamed Corn & Popcorn Treat

Alternatives: Tuna or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Smoothie Meal

Chick-Fill-A Inspired 6
Sandwich w/ Waffle Fries
Green Beans, Dipping Sauce

Alternatives: Ham & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

Egg, Cheese, Sausage 7
on Croissant w/
Hash Brown Patty, Roasted
Chickpeas, Carrots & Cucumbers

Alternatives: Ham & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Build Your Own Tacos 8
Chicken, Beef, Meatless
& Toppings
Steamed Corn, Tortilla Chips

Alternatives: Ham & Cheese or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

Spaghetti & Meatballs 15
Green Beans
WG Cheesy Breadstick

Alternatives: Chicken Salad or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

Tater Tot Casserole 14
Steamed Corn
WW Dinner Roll

Alternatives: Chicken Salad or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Spicy Chicken Sandwich 13
on Wheat, Potato Wedges
Baked Beans, Carrot Coins

Alternatives: Chicken Salad or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

NO SCHOOL 20

MLK Day

NO SCHOOL 21

Professional Development Day

Veggie Nuggets 22
Mac & Cheese
Roasted Chickpeas & Buffalo
Cauliflower

Alternatives: Roast Beef or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

BBQ Pork Sandwich 27
On WW Bun
Steamed Peas or Fresh Veggies

Alternatives: Tuna or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

NEW 28
Spicy Meatballs &
Mashed Potatoes Bowl
Green Beans
WW Dinner Roll

Alternatives: Tuna or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, Parfait Meal, or Salad Bar

Lunar New Year! 29
Chow Mein w/ Egg Roll
or Teriyaki Chicken
Snow Peas & Carrots, Fortune
Cookie

Alternatives: Tuna or Wow Butter & Jelly Sandwich, Fresh Veggie Selection, or Salad Bar

All meals are served with fruit or 100% fruit juice and milk
Students must choose at least 3 offered components, including at least ½ cup fruit and/or vegetable option.
Vegetarian/non-pork alternatives available upon request. Menu subject to change.
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