



Waits River Valley School Lunch January 2025

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
 		1 No School	2 Creamy Macaroni & Cheese Steamed Carrots Homemade Cornbread Fresh Fruit & Veggie Bar Milk Variety	3 Layered Chicken Bowl (Popcorn Chicken, Mashed Potato, & Corn) Homemade Dinner Roll Fresh Fruit & Veggie Bar Milk Variety
6 Chicken Patty Sandwich w/Lettuce & Tomato Hand Cut French Fries Local Roasted Beet Wedges Fresh Fruit & Veggie Bar Milk Variety 	7 Cheese Pizza Pepperoni Pizza Veggie Pizza Fresh Fruit & Veggie Bar Milk Variety	8 Hearty Chicken & Biscuits Steamed Green Peas Chef's Mashed Potato Fresh Fruit & Veggie Bar Milk Variety	9 Spaghetti w/ Meat Sauce Steamed Green Beans Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety	10 Fluffy Pancakes Sweet & White Homefries Real Maple Syrup Sausage Links Fresh Fruit & Veggie Bar Milk Variety
13 Dress Your Own Hot Dog Roasted Sweet Potato Wedges Maple Baked Beans Fresh Fruit & Veggie Bar Milk Variety	14 Tater Tot Nachos Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	15 Homemade Shepherd's Pie (Ground Beef, Corn & Mashed Potato) Homemade Lentil Shepherd's Pie Steamed Green Beans Dinner Roll Fresh Fruit & Veggie Bar Milk Variety Taste Test Event	16 Dress Your Own Burger on a Bun Dress Your Own Hot Dog Veggie Burger Homemade Potato Salad Maple Baked Beans Fresh Watermelon Slice Beetnick Cake Fresh Fruit & Veggie Bar Milk Variety Winter Beach Party BIRTHDAY CELEBRATION 	17 No School
20 No School	21 Chicken & Cheddar Quesadilla w/ Salsa Cherry Tomato & Corn Salad Spanish Rice Fresh Fruit & Veggie Bar Milk Variety	22 Homemade Cheesy Breadsticks Marinara Dipping Sauce Caesar Salad Fresh Fruit & Veggie Bar Milk Variety	23 Baja Chicken Bowl Roasted Fresh Zucchini Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	24 Sloppy Joe Oven Baked Potato Puffs Magenta Root Slaw Fresh Fruit & Veggie Bar Milk Variety 
27 Oven Baked Chicken Nuggets Roasted Potato Wedges Steamed Carrots Homemade Dinner Roll BBQ Sauce Fresh Fruit & Veggie Bar Milk Variety	28 Taco Bar w/ The Works w/ Soft Shell Tortilla Garden Salsa Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	29 Sweet & Sour Chicken Fresh Broccoli Salad Rice Pilaf Fresh Fruit & Veggie Bar Milk Variety	30 Homemade Goulash Local Roasted Beet Wedges Garlic Breadstick Fresh Fruit & Veggie Bar Milk Variety 	31 Baked Potato w/ Toppings Beefy Homemade Chili Caesar Salad Dinner Roll Fresh Fruit & Veggie Bar Milk Variety

Meals Are Free To All Students

Adult Breakfast \$3.00

Adult Lunch \$4.75

Milk \$0.50

Please Click Links Below for Nutrition Information on Daily Options:

Assorted Deli Sandwiches, 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:

Beets



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

Please advise us if special meal accommodations are required for allergens or other special dietary needs.

This institution is an equal opportunity provider.