

Monday

Tuesday

Wednesday

Thursday

Friday

**HAPPY
NEW
YEAR**

1

No School

2

Chicken Tenders
Whole Grain Breaded Chicken Tenders
With choice of dipping sauce
Corn
Dinner Roll
Choice of Fruit
Choice of Milk

A

3

Fish Sticks
Whole grain breaded fish sticks
Served with tartar sauce
Diced Carrots
Choice of Fruit
Choice of Milk

B

6

Chicken Nuggets
Whole Grain Breaded Chicken nuggets
With choice of dipping sauce
Broccoli
Choice of Fruit
Choice of Milk

C

7

Grilled Cheese
Whole grain bread toasted with melted
American Cheese
With Tomato Soup
Choice of Fruit
Choice of Milk

D

8

Ernie's Pizza
Quinoa Salad

Choice of Fruit
Choice of Milk

E

9

Cheeseburger
Whole gain bun with beef patty and
American cheese
Potato Wedges
Choice of Fruit
Choice of Milk

F

10

Chicken Fajita and Rice Bowl
Marinated chicken strips served over
Vegetable Brown Rice
Choice of Fruit
Choice of Milk

A

13

Chicken Bacon Ranch Sandwich
Whole grain breaded chicken patty
topped with cheese and bacon on a
whole grain bun
Sweet Potato Fries
Choice of Fruit
Choice of Milk

B

14

Loaded Nachos
Seasoned ground beef served over
Corn Chips with salsa and sour cream
Vegetable Brown Rice
Choice of Fruit
Choice of Milk

C

15

Calzone
Cheese Calzone served with marinara
sauce
Side Salad
Choice of Fruit
Choice of Milk

D

16

Hot Dog
All Beef hot dog served on whole grain
bun
Baked Beans
Choice of Fruit
Choice of Milk

E

17

Brunch for Lunch
Whole grain pancakes with syrup
Potato Smiles
Choice of Fruit
Choice of Milk

F

20

No School

21

Chicken Quesadilla
Chicken and cheese in a tortilla
With sour cream and salsa
Vegetable Brown Rice
Choice of Fruit
Choice of Milk

A

22

Ernie's Pizza
Quinoa Salad
Choice of Fruit
Choice of Milk

B

23

BBQ Pulled Pork
Seasoned pulled pork on a whole grain
bun
Coleslaw
Choice of Fruit
Choice of Milk

C

24

Pasta with Meat sauce
Whole grain pasta tossed with
Ground beef marina sauce
Side Salad
Dinner Roll
Choice of Fruit
Choice of Milk

D

27

Classic Chicken Sandwich
Whole grain breaded chicken patty
Served on a whole grain bun with pickles
Green Beans
Choice of Fruit
Choice of Milk

E

28

Bacon Cheeseburger
Whole grain bun with beef patty American
cheese and bacon
Potato Wedges
Choice of Fruit
Choice of Milk

F

29

French Bread Pizza
Choice of Cheese or Pepperoni
Whole grain French bread with sauce and
mozzarella cheese.
Three Bean Salad
Choice of Fruit
Choice of Milk

A

30

Cheesy Chicken Quesadilla
Seasoned Chicken and in a tortilla
Served with Salsa and Sour Cream
Vegetable Brown Rice
Choice of Fruit
Choice of Milk

B

31

Sloppy Joe
Ground Beef seasoned and cooked
onions and tomato sauce served
On a whole grain bun
French Fries
Choice of Fruit
Choice of Milk

C

Milk is offered with all meals choice of Fat Free Chocolate, 1% white or Lactaid Free

Available every day Rainbow Veggie Tray may include: Broccoli, Baby Carrots, Celery, Cucumbers, Tomatoes, Peppers, Bean Salad, Black Beans and Chickpeas

Three ways to pay: send in cash or check in a labeled envelope or visit mypaymentsplus.com to add money or track your account.

Ala Carte Snack Items are available daily snacks price range \$.60 - \$1.75 including, milk, assorted chips and Ice Cream

For menu questions please contact: Jessica Hill jhill@woodbridgeps.org