

4	Oranges and Clementines – the juicy citrus fruits that are in season during winter time are vitamin goldmines! They may boost your system and improve your skin. A whole orange contains only about 85 calories and no fat, cholesterol or sodium. Plus they are good to eat!!		Winter Break	2	Winter Break
	Pancake on a Stick  Corn Dog  Turkey Sandwich	Pretzel/ Cheese  Enchiladas  Ham Sandwich	Waffles  Hamburger  Mozzarella Bread Sticks	Honey Bun  Chicken Alfredo Pasta Burrito	Benefit Bar Pizza Day
	Pancake on a stick  Bosco Cheese Sticks/Sauce  Hot Dog	Pretzel/ Cheese  Taco Tuesday  Ham Sandwich	French Toast Sticks  Chicken Patty Sandwich  Turkey Sandwich	Ultimate Breakfast Cookie  Fish Sticks/ Tots  Yogurt/ Grahams	Benefit Bar Pizza Day
	No School	Pretzel/ Cheese  Chicken Quesadilla Yogurt/ Grahams	Waffles  Mac & Cheese Corn Dog	Honey Bun  Sloppy Joe Turkey Sandwich	Benefit Bar Pizza Day
	Pancake on a Stick  Corn Dog	Pretzel/ Cheese  Enchiladas	French Toast Sticks  Hamburger	Ultimate Breakfast Cookie  Chicken Alfredo Pasta	No School

Pizza Cheese Sticks/ Sauce

Burrito

Ham Sandwich

**Turkey Sandwich**