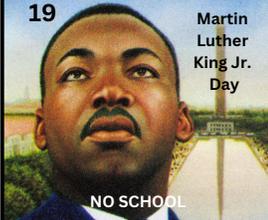


# Fresh Eats

CAFETERIA

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Warm up chilly days with a hot meal.</p> 			<p>1</p> 	<p>2</p> <p><b>SCHOOL BREAK</b></p>
<p>5</p> <p><b>Mexican Fiestada Pizza</b> Sweet Corn Tropical Fruit  Applesauce Cup</p>	<p>6</p> <p><b>Salisbury Steak Whole Grain Dinner Roll</b> Creamy Mashed Potatoes w/ Gravy Diced Pears Fresh Bananas or Apple Slices</p>	<p>7</p> <p><b>Chicken or Beef Nachos</b> Cheesy Refried Beans Mandarin Oranges Applesauce Cup</p>	<p>8</p> <p><b>Orange Chicken &amp; Steamed Rice</b> Fresh Steamed Broccoli Diced Peaches Fresh Bananas or Apple Slices</p>	<p>9</p> <p><b>Grilled Cheeseburger or Hamburger</b> Oven Baked Fries Pineapple Tidbits Apples Slices or Applesauce Cup</p>
<p>12</p> <p><b>Beef Pepperoni Calzone w/ Marinara Sauce</b> Seasoned Steamed Green Beans Tropical Fruit  Applesauce Cup</p>	<p>13</p> <p><b>Loaded Fries Goldfish Crackers</b> Diced Pears Fresh Bananas or Apple Slices</p>	<p>14</p> <p><b>Crispy Chicken Sandwich</b> Sweet Corn Mandarin Oranges Applesauce Cup</p>	<p>15</p> <p><b>Italian Dunkers w/ Marinara Sauce</b> Fresh Steamed Broccoli Diced Peaches Fresh Bananas or Apple Slices</p>	<p>16</p> <p><b>Crispy Chicken Tenders</b> Creamy Mashed Potatoes &amp; Gravy Mixed Fruit Apple Slices or Applesauce Cup</p>
 <p>19</p> <p>Martin Luther King Jr. Day  <b>NO SCHOOL</b></p>	<p>20</p> <p><b>BBQ Rib Hoagie</b> Honey Roasted Carrots Diced Pears Fresh Bananas or Apple Slices</p>	<p>21</p> <p><b>Popcorn Chicken Whole Grain Dinner Roll</b> Sweet Potato Fries Mandarin Oranges Applesauce Cup</p>	<p>22</p> <p><b>Cinnamon French Toast Sticks &amp; Sausage</b> Crispy Tater Tots Diced Peaches Fresh Bananas or Apple Slices</p>	<p>23</p> <p><b>Homemade Cheese Pizza</b> Fresh Steamed Broccoli Pineapple Tidbits Apples Slices or Applesauce Cup</p>
<p>26</p> <p><b>Oven Roasted Chicken w/ Biscuit</b> Sweet Corn Tropical Fruit  Applesauce Cup</p>	<p>27</p> <p><b>Cheesy Tortellini w/ Creamy Alfredo Sauce</b> Italian Green Beans Diced Pears Fresh Bananas or Apple Slices</p>	<p>28</p> <p><b>Chicken or Beef Taco</b> Cheesy Seasoned Refried Beans Mandarin Oranges Applesauce Cup</p>	<p>29</p> <p><b>Chicken Fried Rice Whole Grain Fortune Cookie</b> Fresh Steamed Broccoli Diced Peaches Fresh Bananas or Apple Slices</p>	<p>30</p> <p><b>Bosco Sticks w/ Marinara Sauce</b> Sweet Green Peas Mixed Fruit Apple Slices or Applesauce Cup</p>

### WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.  
Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread, and Choice of Milk  
\*Students must choose at least one fruit or vegetable

### MILK OPTIONS

Fat Free Milk, Fat Free Chocolate Milk

### FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots  
Dark Leafy Greens | Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings  
Crisp Apple | Sliced Peaches | Mixed Fruit  
Fresh Orange | Banana | Pineapple Tidbits  
Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
9th-12th may choose two 1/2 cup servings

### ALTERNATE MENU OPTIONS

Fresh Made Ham or Turkey Chef Salad  
Peanut Butter and Jelly Strawberry or Grape w/ String Cheese & Crackers