



**Meet Your Nutritious Friend:
Brown Rice Besties**

Monday	Tuesday	Wednesday	Thursday	Friday
29 WINTER BREAK	30 	31 WINTER BREAK	1 	2 Happy New Year!
5 Chicken Alfredo with Garlic Bread Mozzarella Sticks w/ side of pasta FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch	6 Chicken & Cheese Quesadilla French Bread Pizza FEATURED VEGGIES Street Corn Rice	7 Mac & Cheese Chicken Patty on Bun FEATURED VEGGIES Green Beans Side Salad	8 Chicken & Waffles Hot Dog on Bun FEATURED VEGGIES Glazed Carrots	9 Big Daddys Pizza Meatball Sandwich FEATURED VEGGIES Side Salad Sliced Cucumbers
12 Chicken Nuggets w/biscuit Pizza Crunchers FEATURED VEGGIES Tater Tots Side Salad	13 Beef Soft Tacos Chicken Patty On Bun FEATURED VEGGIES Refried Beans Lettuce & Tomato	14 Cheeseburger on a Bun Chicken Nuggets w/biscuit FEATURED VEGGIES Glazed Carrots Broccoli Salad	15 Chicken Patty On Bun Hot Dog On Bun FEATURED VEGGIES Curly Fries Sliced Cucumbers	16 Big Daddys Pizza Meatball Sandwich FEATURED VEGGIES Side Salad Baby Carrots
19 No School	20 Walking Taco w/ Rice French Bread Pizza FEATURED VEGGIES Mexicali Corn Cucumbers	21 Chicken Patty On Bun Hot Dog on Bun FEATURED VEGGIES Tater Tots Ranchero Carrots	22 Chicken Nuggets w/ biscuit Pizza crunchers FEATURED VEGGIES Oven Fries Red Pepper Strips	23 Big Daddys Pizza Meatball Sandwich FEATURED VEGGIES Side Salad Broccoli
26 Cheeseburger on a Bun Chicken Nuggets w/ biscuit FEATURED VEGGIES Steamed Broccoli Cucumber Slices	27 Nachos Grande French Bread Pizza FEATURED VEGGIES Rice Golden Corn	28 French Toast Sticks with Sausage Patties Chicken Patty On Bun FEATURED VEGGIES Tri Patty Taters Carrot Sticks	29 Chicken Nuggets with Roll Hot Dog On Bun FEATURED VEGGIES Green Beans	30 Big Daddys Pizza Meatball Sandwich FEATURED VEGGIES Side Salad Sliced Cucumbers

What is a Meal?
Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate,

Daily Alternates

- Fresh Entree Salad of the Week
- Garden Salad W/Chicken
- Buffalo Chicken Wraps
- Turkey & Cheese Hoagies, Ham & Cheese Hoagies Un crustables
- Cereal Bags
- Pizza Options: Cheese, Buff Chicken or Pepperoni

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Your Team

Nancy Piazza, Food Service Director
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Meal Prices

Student Lunch \$3.50
Reduced Lunch \$0.00

