



School Information: Student Lunch: \$2.75
 Reduced Lunch: \$.40
www.mypaymentsplus.com –to make online pre-payments and check student balance.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Chicken Pattie or Spicy Chicken Pattie on a roll
 Curly Fries
 Corn
 Fresh Apple

7

Tuesday

No School
 New Year's Day!

1

Tacos w/seasoned meat
 Cheese, lettuce and salsa
 Black beans & Rice
 Pineapple

8

Wednesday

French Toast Sticks
 Turkey Sausage Links
 Sweet Potato Puffs
 Pineapple Chunks

2

Meatball Grinder
 With mozzarella Cheese
 Green Beans
 Grape tomatoes
 Orange Wedges

9

Thursday

Stuffed Crust Pizza or White Garlic Pizza
 Baby Carrots and Grape tomatoes w/ ranch dip
 Cinnamon Applesauce

3

Wild Mike's pizza or White Garlic Pizza
 Garden Salad with dressing
 Fruit Choice

10

Friday

Breadstick Dunkers
 With meat sauce
 Green Beans
 Baby Carrots
 Pears

4

Popcorn Chicken with dips
 Seasoned Noodles
 Steamed Broccoli
 Baby Carrots
 Peaches

11

Hamburger or Cheeseburg
 On a roll
 Potato Puffs
 Green Beans
 Pears

14

Toasted Cheese Sandwich
 Chicken Noodle Soup
 Carrot & Celery sticks
 With ranch dip
 Peaches

15

Chicken Nuggets with dips
 Mashed Potato with gravy
 Steamed Peas & Carrots
 Fresh Apple

16

Galaxy Pizza or White Garlic Pizza
 Green Beans
 Chick pea salad
 Cinnamon Applesauce

17

Wild Mike's Cheese bites
 With sauce
 Garden Salad with dressing
 Pineapple

18

No School
 Martin Luther King Day

21

Mini pancakes
 Baked Ham Wedges
 Sweet Potato Puffs
 Orange Wedges

22

Breadstick Dunkers
 With meat sauce
 Tomato & Cucumber salad
 Pears

23

Stuffed Crust Pizza or White Garlic Pizza
 Grape Tomato & Cucumbers with ranch dip
 Peaches

24

Popcorn Chicken with dips
 Seasoned Noodles
 Green Beans & baby Carrots
 Cinnamon Applesauce

25

Chicken Pattie or Spicy Chicken Pattie on a roll
 Sweet Potato Fries
 Steamed Peas
 Pineapple

28

Pasta and Meatballs
 Green Beans
 Baby Carrots
 Fresh Apple

29

Tacos w/seasoned meat,
 Cheese, lettuce and salsa
 Black beans & Rice
 Pears

30

Galaxy Pizza or White Garlic Pizza
 Garden Salad with dressing
 Fruit Choice

31

