

Parents,

The Cafe Crew is trying out some new menu ideas and we want your student's opinion. We will be offering samples for both our students who order and those that pack. If your child has an allergy, please encourage them to communicate with us by saying "Thank you but I can't".

**SAMPLES WILL START 1/15**

Monday	Tuesday	Wednesday	Thursday
	1 Winter Break	2 Winter Break	3 Winter Break
4 Winter Break Staff Professional Development	5 Meatloaf Veggie Loaf	6 Taco Soup Veggie Taco Soup	7 Chicken Ques Veggie Ques
7 Winter Break Staff Professional Development	8 Mashed Potatoes/Green Beans Dinner Roll Fruit	9 Com Chips Tossed Salad Fruit	10 Black Bea Mexican C Fruit
11 Grilled Cheese (K-5) Grown Up Grilled Cheese (6-12)	12 Sweet and Sour Chicken Sweet and Sour Tofu	13 Penne with Meat Sauce Pasta Primavera	14 BBQ Chicken Grilled Tofu
14 Tomato Basil Soup Tossed Salad Fruit	15 Brown Rice Sautéed Vegetables Vegetable Egg Roll Fruit	16 Tossed Salad Fruit Dinner Roll	17 Macaroni and Cheese Green Beans Dinner Roll Fruit
18 Choice of 1% or Skim Milk	19 Choice of 1% or Skim Milk	20 Choice of 1% or Skim Milk	21 Choice of 1% or Skim Milk
21 MLK Day Student/Staff Holiday	22 Turkey Tacos Grilled Veggie Tacos	23 Twisted Chicken Alfredo Twisted Tofu Alfredo	24 Cuban Chicken Grilled Tofu
25 Baked Potato Baked Sweet Potato	26 Pinto Beans Lettuce/Tomato Fruit	27 Tossed Salad Fruit Dinner Roll	28 Rice/Whole Grain Tortilla Black Beans/ Carrots Fruit
28 Butter, Cheese, Sour Cream Mixed Beans/ Dinner Roll Fruit	29 Choice of 1% or Skim Milk	30 Choice of 1% or Skim Milk	31 Choice of 1% or Skim Milk
31 Choice of 1% or Skim Milk	32 Club Sub Veggie Sub	33 Chili Veggie Chili	34 Chicken Tikka Masala Veggie Tikka Masala
34 Choice of 1% or Skim Milk	35 Lettuce, Tomato, Onion Veggie Dippers Fruit	36 Tossed Salad Cornbread (K-12) Jalapeno Cheddar Cornbread (6-12) Fruit	37 Brown Rice Steamed Vegetables Naan Fruit
37 Choice of 1% or Skim Milk	38 Choice of 1% or Skim Milk	39 Choice of 1% or Skim Milk	40 Choice of 1% or Skim Milk
41 Baked Potato Baked Sweet Potato	42 Club Sub Veggie Sub	43 Chili Veggie Chili	44 Chicken Tikka Masala Veggie Tikka Masala
44 Butter, Cheese, Sour Cream Mixed Beans/ Dinner Roll Fruit	45 Lettuce, Tomato, Onion Veggie Dippers Fruit	46 Tossed Salad Cornbread (K-12) Jalapeno Cheddar Cornbread (6-12) Fruit	47 Brown Rice Steamed Vegetables Naan Fruit
47 Choice of 1% or Skim Milk	48 Choice of 1% or Skim Milk	49 Choice of 1% or Skim Milk	50 Choice of 1% or Skim Milk
51 Baked Potato Baked Sweet Potato	52 Club Sub Veggie Sub	53 Chili Veggie Chili	54 Chicken Tikka Masala Veggie Tikka Masala
54 Butter, Cheese, Sour Cream Mixed Beans/ Dinner Roll Fruit	55 Lettuce, Tomato, Onion Veggie Dippers Fruit	56 Tossed Salad Cornbread (K-12) Jalapeno Cheddar Cornbread (6-12) Fruit	57 Brown Rice Steamed Vegetables Naan Fruit
57 Choice of 1% or Skim Milk	58 Choice of 1% or Skim Milk	59 Choice of 1% or Skim Milk	60 Choice of 1% or Skim Milk

Please be sure to sign your child up for a meal account through [www.myschoolbucks.com](http://www.myschoolbucks.com)  
 For more information or questions regarding the menu or ingredients, contact Leslie Sterzinger at [Chef@mwschool.org](mailto:Chef@mwschool.org)

Paid: \$4.25, Reduced: \$0.40, Free: \$0.00  
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**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
[MvSchoolBucks.com](http://MvSchoolBucks.com)