



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
J a n u a r y	7-Jan TEACHER IN-SERVICE No School  W2D1	8-Jan Breakfast Sausage Biscuit (27) 100% Fruit Punch/Applesauce (13) Lunch Cheese Sticks(36) & Sauce(6) Ham & Cheese Sub(30) Steamed Broccoli(5) X-Ray Vision Carrots(16) Baby Carrot Cups(8) Applesauce(13) Raisels(35) W2D2	9-Jan Breakfast Warm WG Cini Minis (40) Grape Juice/Banana (22) Lunch Crispy Chicken(16) Sandwich(29) WowButter Sand/Str Ch/ Chip(59) Seasoned Potato Wedges (15) California Blend Veg(3) Cucumber/Tomato Cup (3) Orange Smiles(14) Craisins (28) W2D3	10-Jan Breakfast Maple French Toast Stix (26) Apple Juice/Pears (23) Lunch Nachos(40) Chili(3) Cheese(9) Turkey&Cheese Sub(30) Corn Niblets(16) Blackbeans and Salsa (15) Fresh Vegetable Cup(3) Peach Cup (33) Pears (23) W2D4	11-Jan Breakfast Egg & Cheese Biscuit (28) Orange Juice/ Mixed Fruit (18) Lunch Chicken Pot Pie (42) Chicken Ranch Wrap (25) Seasoned Green Beans(5) Potato Smiles (20) Baby Carrot Cups(8) Slushie (20) Fruit Gelatin(18) W2D5
	14-Jan Breakfast Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) Lunch Chic Nuggets(16) Sauce(*) Roll(27) Ham & Cheese Sub(30) Sweet Green Peas (11) Cream Style Potatoes(22) Baby Carrot Cups(8) Fruit Slush(20) Cinn. Applesce(13) W3D1	15-Jan Breakfast Chicken (8) Biscuit (27) Apple Juice/Pineapple (19) Lunch Big Daddy Pizza (35-36) Grilled Chicken Salad(33) Steamed Broccoli(5) Corn Niblets(16) Leafy Green Salad (2) MM Fruit Salad(38) Pineapple(19) W3D2	16-Jan Breakfast Warm WG Fruit Frudal (36) 100% Fruit Punch/Banana (22) Lunch Orange Chic(14) Rice(28) Egg Roll WowButter Sand/Str Ch/ Chip(59) Stir Fry Vegetables (3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Strawberry Cup(30) Craisins(28) W3D3	17-Jan Breakfast Cinnamon French Toast Stix(26) Apple Juice/Pears (23) Lunch Corn dog Nuggets(30) Turkey&Cheese Sub(30) Pinto Beans (18) Seasoned Potato Wedges (15) Creamy Cole Slaw(14) Blush Pears (23) Fruit Slushie(20) W3D4	18-Jan Breakfast Mini Maple Pancakes (29) Orange Juice/Peaches (18) Lunch Spaghetti(43) & Garlic Bread (14) Fajita Chicken Wrap (25) Seasoned Green Beans(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18) Fruit Gelatin(18) W3D5
	21-Jan MLK Day - No School  W1D1	22-Jan Breakfast Egg Biscuit (27) w/Gravy (6) Apple Juice/Peaches (18) Lunch Lasagna Roll(35) Garlic Bread (14) Ham & Cheese Sub(30) Glazed Carrots(16) Steamed Broccoli(5) Baby Carrot Cups(8) Fruit Slushie(19) Peaches(18) W1D2	23-Jan Breakfast Bacon, Egg, & Cheese Pizza(23) 100% Fruit Punch/Banana (22) Lunch Hamburger/Cheeseburger(30) WowButter Sand/Str Ch/ Chip(59) Homestyle Baked Beans (36) Potato Wedges (15) Cucumber/Tomato Cup (3) Mixed Berry Cup (33) Craisins (28) W1D3	24-Jan Breakfast Glazed Goody Ring (29) Apple Juice/Pears (23) Lunch Pork Roast and Gravy(16) Roll(27) Turkey&Cheese Sub(30) Seasoned Green Beans(5) Cream Style Potatoes(22) Fresh Vegetable Cup (3) Bl Pears(23) Apple(12) Carmel(19) W1D4	25-Jan Breakfast Egg & Cheese Croissant (28) Orange Juice/Pineapple (19) Lunch Chicken(13) & Waffle (43) Snack Bag(47-53) Sweet Corn Nibbles (16) Buttered Green Peas (11) Baby Carrot Cups(8) Fruit Slushie (20) Pineapple (19) W1D5
	28-Jan Breakfast Cinn. Glzed Pancakes (35) Ojuice/Sliced Peaches (18) Lunch Chick Poppers(17) Sauce(*) Roll (27) Ham & Cheese Sub(30) Sweet Green Peas (11) Smashed Potatoes (22) Baby Carrot Cups(8) Peaches (18-30) Fruit Slush (20) W2D1	29-Jan Breakfast Sausage Biscuit (27) 100% Fruit Punch/Applesauce (13) Lunch Cheese Sticks(36) & Sauce(6) Mandarin Spinach Salad Plate (64) Steamed Broccoli(5) X-Ray Vision Carrots(16) Leafy Green Salad (2) Applesauce(13) Mixed Grapes(8) W2D2	30-Jan Breakfast Warm WG Cini Minis (40) Grape Juice/Banana (22) Lunch Crispy Chicken(16) Sandwich(29) Fruit n-Yogurt Parfait (72) Seasoned Waffle Fries (19) California Blend Veg(3) Celery/Green Pepper Cup (3) Orange Smiles(14) Craisins (28) W2D3	31-Jan Breakfast Maple French Toast Stix (26) Apple Juice/Pears (23) Lunch Veg Beef Soup(14) Grill Cheese(32) Turkey&Cheese Sub(30) Corn Niblets(16) Seasoned Green Beans(5) Fresh Vegetable Cup(3) Peach Cup (33) Pears (23) W2D4	1-Feb Breakfast Egg & Cheese Biscuit (28) Orange Juice/ Mixed Fruit (18) Lunch Hot Dog with Chili (33) Fajita Chicken Wrap (25) Baked Beans(36) Potato Wedges (15) Creamy Coleslaw(9) Slushie (20) Fruit Gelatin(18) W2D5

"This institution is an equal opportunity provider."

***Beside each menu item, the number in parenthesis () indicate carbohydrate grams.

*Sauce, Condiments & Salad Dressing carbs vary from 3-12 grams a packet

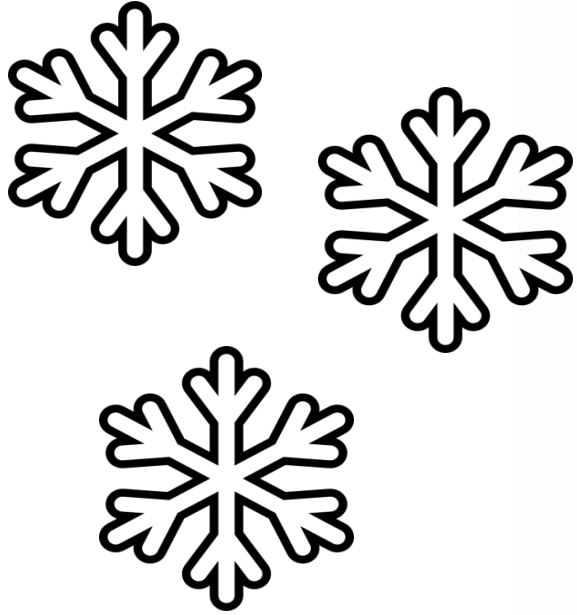
Create Your Own Snowglobe

Breakfast items offered on a daily basis:
Cereal (14-25) / Fruit (12-22) / 100% Fruit Juice (13-19)

Rotating Alternate Breakfast Choices :
WG Poptart (37-38)/Muffin (23-28)/Cereal Bar (26-29)

Milk choices offered with breakfast and lunch daily:
1% milk (11)/ 1% Chocolate milk (24)/ 1% Strawberry milk
(22) FF White Milk (12)

Ala Carte items available:
Bottled Water \$.75
Various Ice creams \$.75 -1.00
***Any item purchased in excess
or as a single component of the
meal plan is considered a la carte
and prices will vary.



Let it
SNOW

