



IF A STUDENT HAS CERTAIN DIETARY NEEDS PLEASE MAKE HOME ROOM TEACHER AWARE AT ATTENDANCE.



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



Tuesday

Wednesday

Thursday

Friday

NO SCHOOL
NEW YEARS DAY

CHHESE RAVIOLIS W/
SPAGHETTI SAUCE
CORN
FRUIT
1% OR LF CHOC MILK

ROAST BEEF & GRAVY
MASHED POTATOES
CARROTS
FRUIT
1% OR LF CHOC MILK

PIZZA
ROMAINE SALAD
FRUIT
1 % OR LF CHOC MILK

CHEESEBURGER ON BUN
FRENCH FRIES
CAULIFLOWER
FRUIT
1% OR LF CHOC MILK

CHICKEN PARM W/
SPAGHETTI
CORN
FRUIT
1% OR LF CHOC MILK

HAMBURG STROGANOFF
OVER NOODLES
GREEN BEANS
FRUIT
1% OR LF CHOC MILK

CHICKEN & GRAVY
MASHED POTATOES
CARROTS
FRUIT
1% OR LF CHOC MILK

PIZZA
VEGGIE STICKS
RANCH DRESSING
FRUIT
1% OR LF CHOC MILK

GRILL CHEESE
TOMATO SOUP
PICKLE
FRUIT
1% OR LF CHOC MILK

CHICKEN TACOS W / LETTUCE
TOMATO & CHEESE
REFRIED BEANS
FRUIT
1% OR LF CHOC MILK

KIELBASA
MAC & CHEESE
CARROTS
FRUIT
1% OR LF CHOC MILK

SWEET & SOUR CHICKEN
OVER RICE
BROCCOLI
FRUIT
1% OR LF CHOC MILK

PIZZA
ROMAINE SALAD
FRUIT
1% OR LF CHOC MILK

NO SCHOOL
MARTIN LUTHER KING DAY

TACOS W LETTACE
TOMATO & CHEESE
REFRIED BEANS
FRUIT
1% OR LF CHOC MILK

GOULASH
GARLIC BREAD
CORN
FRUIT
1% OR LF CHOCMILK

FISH STICKS
TATER TOTS
GREEN BEANS
FRUIT
1 % OR LF CHOC MILK

PIZZA
VEGGIE STICKS
FRUIT
1 % OR LF CHOC MILK

CHICKEN PATTY ON BUN
TATER TOTS
CARROTS
FRUIT
1 5 OR LF CHOC MILK

PORK BAR B Q
BOILED POTAYOES
GREEN BEANS
FRUIT
1 % OR LF CHOC MILK

LAZY LASAGNA
GARLIC STICKS
FRUIT
1% OR LF CHOC MILK

HOT DOG ON BUN
FRENCH FRIES
CAULIFLOWER
FRUIT
1 % OR LF CHOC MILK

