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**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**Happy New Year!!!**  
 No school

**1**

Salad of the week,  
 Garden salad w/ Tuna salad

Southwest chicken sandwich  
 Whole wheat roll  
 Or  
 Veggie burger, side salad  
 Milk, fresh fruit

**2**

Sandwich of the week  
 Roast beef, horseradish sauce, Swis

Whole wheat pasta  
 W/ Meat sauce  
 Or Marinara sauce  
 Steamed veg, bread stick  
 Milk, fresh fruit

**3**

Chicken fingers  
 Or  
 Veggie toast w/ fried egg  
 French fries  
 Milk, fresh fruit

**4**

Whole grain  
 Pizza  
 Chef's choice  
 Salad  
 Milk, fresh fruit

**5**

Grilled cheese  
 Tomato soup  
 Milk, fresh fruit

**8**

Salad of the week,  
 Kale & Ancient grains, grilled chicken

Soft beef taco  
 Brown rice, corn black bean salad  
 Milk, fresh fruit  
 Refried bean and cheese Quesadilla

**9**

Sandwich of the week,  
 Hummus, turkey on wheat bread

Macaroni & cheese  
 Steamed veg & side salad  
 Milk, fresh fruit

**10**

**Baked Potato Bar**  
 (As part of the salad bar)

Meatball sub  
 Or  
 Eggplant parmesan sandwich  
 Side salad  
 Milk, fresh fruit

**11**

Whole grain  
 Pizza  
 Chef's choice  
 Salad  
 Milk, fresh fruit

**12**

**Martin L. King Jr.**  
**Civil Rights Day**  
 No school

**15**

Salad of the week,  
 Cheese Tortellini with Pesto

Loaded nachos  
 Or  
 Cheese nachos  
 Chef choice salad  
 Milk, fresh fruit

**16**

Sandwich of the week,  
 Italian deli sandwich on Focaccia

Meat Lasagna  
 Or  
 Veggie Lasagna  
 Steamed veggie, side salad  
 Milk, fresh fruit

**17**

Chicken Nuggets  
 Mashed potato, corn  
 Or  
 Veggie stir over low Mein  
 Milk, fresh fruit

**18**

Whole grain  
 Pizza  
 Chef's choice  
 Salad  
 Milk, fresh fruit

**19**

Cheese burger  
 Whole wheat roll  
 Or  
 Broccoli cheese quiche  
 French fries, Milk, fresh fruit

**22**

Salad of the week,  
 Fresh fruit, BBQ chicken, roast pot's

Chicken Fajita  
 Or  
 Tofu Fajita  
 Red bean & rice  
 Milk, fresh fruit

**23**

Sandwich of the week,  
 Eggplant, tomato, mozzarella.

Stuffed shells  
 Side salad, bread stick  
 Milk, fresh fruit

**24**

**Taco Bar**  
 (As part of the salad bar)

Turkey pot pie  
 Corn bread, cranberry sauce  
 Or  
 Stuffed acorn squash  
 Milk, fresh fruit

**25**

Whole grain  
 Pizza  
 Chef's choice  
 Salad  
 Milk, fresh fruit

**26**

Steamed hot dog  
 Or  
 Cheese Calzone  
 Milk, fruit, Cole slaw, baked beans

**29**

Salad of the week,  
 Spinach salad, Goat cheese, Beets

Tex - Mex Turkey Burrito  
 Or  
 Veggie Tostada  
 Dirty rice w/ black beans  
 Milk, fresh fruit

**30**

Sandwich of the week,  
 Veggie wrap w/ Hummus

Chicken parmesan  
 Or  
 Eggplant parmesan  
 Whole wheat pasta  
 Steamed veg, bread stick  
 Milk, fresh fruit

**31**

This institution is an equal opportunity employer.  
 1% milk, fat free flavored milk and water served every day.  
 Fresh fruit, veggie sticks and side salads served daily.  
 Salad bar and Deli bar served daily.

Menus are available to everyone every day.  
 Hot soup served daily.  
 Vegetarian option served daily.

