

Student Fees:

Lunch - $3.50

Reduced Cost - $.40

January 2020 – Lunch Menu Plain or Chocolate milk is served with each meal.

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **6**Sweet N Sour meatballs w/Brown rice, Stir-fry veg & CeleryorMunchable:Muffin, Apple slices, Cheese stick, Turkey stick, Baby carrotsFruit of the day: Bananas | **7**Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black BeansOrTurkey & CheeseW/ Goldfish & Cucumber SlicesFruit of the day: Apple Slices | **8**Chicken Tenders, Sweet Potato Tots, & Green BeansOrAmerican Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & CarrotsFruit of the day: Pineapple Chunks | **9**Stuffed Shells w/BroccoliOrTurkey Ham & CheeseGoldfish, Potato SaladFruit of the day: Pears | **10**Cheeseburger, Glazed Carrotsand French FriesOrChicken Caesar Salad with Garlic bread Parmesan Cheese & TomatoesFruit of the day: Assorted Fresh Fruit |
| **13**Waffles and Turkey Bacon w/ Carroteenies & Cucumber slicesOrMunchable:Muffin, Apple slices, Cheese stick, Turkey stick, Baby carrotsFruit of the day: Bananas | **14**Orange Chicken w/Brown rice and Stir-fry veggiesOrTurkey & CheeseW/ Goldfish & Cucumber slicesFruit of the day: Apple Slices | **15**Grilled Cheese w/ Baked beans and Glazed CarrotsOrAmerican Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & CarrotsFruit of the day: Strawberry cup | **16**BBQ Baked Chicken w/ Mashed Potatoes and Green BeansOrTurkey Ham & Cheese Goldfish, Potato SaladFruit of the day: Apples | **17**Chicken Breast Sandwich w/ Cheese, Tater Tots and BroccoliOr Chicken Caesar Salad w/ Garlic Bread Parmesan Cheese & TomatoesFruit of the day: Assorted Fresh Fruit |
| **20****MLK Day****No****School**  | **21**Spaghetti w/ Meatballs, Garlic Knots, & Zucchini OrTurkey & CheeseW/ Goldfish & Broccoli & Tomato bitesFruit of the day: Apple Slices | **22**Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black BeansOrAmerican Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & CarrotsFruit of the day: Cantaloupe Chunks | **23**BBQ Chicken WingsMac & Cheese, Green beans & Cucumber slices OrTurkey Ham & Cheese w/ Goldfish, Potato SaladFruit of the day: Pears | **24**Cheeseburger, Glazed Carrots and French Fries  OrChicken Caesar Salad w/ Garlic Bread Parmesan Cheese & TomatoesFruit of the day: Assorted Fresh Fruit |
| **27**Cheesy Hamburger HelperW/ Peas and Glazed CarrotsOrMunchable:Muffin, Apple slices, Cheese stick, Turkey stick, Baby carrotsFruit of the day: Bananas | **28**Chicken Cheese SteakBroccoli and Sweet Potato TotsOrTurkey & CheeseW/ Goldfish & Broccoli & Tomato bitesFruit of the day: Apple Slices | **29**All Beef Hot Dog w/ Baked beans and Collard GreensOrAmerican Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & CarrotsFruit of the day: Mixed fruit cup | **30**Fish Filet Sandwich w/ CheeseBaked Fries & Green BeansOrTurkey Ham & Cheese w/ Goldfish, Potato SaladFruit of the day: Pears | **31**French Toast w/ Turkey Bacon & Roasted Butternut Squash and Cucumber slicesOrChicken Caesar Salad w/ Garlic Bread Parmesan Cheese & TomatoesFruit of the day: Assorted Fresh Fruit |

 

Student Fees:

Breakfast - $ 2.50

Reduced Cost - $ .30

January 2020 – Breakfast Menu Plain milk is served with each meal.

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 6Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers | **7**Blueberry Breakfast BreadFruit of the day: Banana | **8**Strawberry Nutri-grain BarFruit of the day: Apple slices | **9**Chocolate Chocolate Chip MuffinFruit of the day: Pineapple Chunks | **10**Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers |
| **13**Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers | **14**Raspberry Yogurt w/ Choc GripzFruit of the day: Banana | **15**Strawberry Appleway BarFruit of the day: Apple slices | **16**Apple glazed Donut holesFruit of the day: Strawberry fruit cup | **17**Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers |
| **20****MLK Day****No****School** | **21**Strawberry Pop-tartsFruit of the day: Bananas | **22**Blueberry Nutri-grain BarFruit of the day: Apple slices | **23**Chocolate Chip MuffinFruit of the day: Cantaloupe Chunks  | **24**Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers |
| **27**Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers | **28**Strawberry Banana Yogurt w/ GripzFruit of the day: Bananas | **29**Chocolate chip Appleway BarFruit of the day: Apple slices | **30**Apple glazed Donut holesFruit of the day: Apple slices | **31**Assorted Cereal KitsIncludes Cereal, Apple Juice & Graham Crackers |