

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 & Celery  or  Munchable:  Muffin, Apple slices, Cheese stick, Turkey stick, Baby carrots  Fruit of the day: Bananas | **7**  Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black Beans  Or  Turkey & Cheese  W/ Goldfish & Cucumber Slices  Fruit of the day: Apple Slices | **8**  Chicken Tenders, Sweet Potato Tots, & Green Beans  Or  American Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & Carrots  Fruit of the day: Pineapple Chunks | **9**  Stuffed Shells w/Broccoli  Or  Turkey Ham & Cheese  Goldfish, Potato Salad  Fruit of the day: Pears | **10**  Cheeseburger, Glazed Carrots  and French Fries  Or  Chicken Caesar Salad with Garlic bread Parmesan Cheese & Tomatoes  Fruit of the day: Assorted Fresh Fruit |
| **13**  Waffles and Turkey Bacon w/ Carroteenies & Cucumber slices  Or  Munchable:  Muffin, Apple slices, Cheese stick, Turkey stick, Baby carrots  Fruit of the day: Bananas | **14**  Orange Chicken w/  Brown rice and Stir-fry veggies  Or  Turkey & Cheese  W/ Goldfish & Cucumber slices  Fruit of the day: Apple Slices | **15**  Grilled Cheese w/ Baked beans and Glazed Carrots  Or American Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & Carrots  Fruit of the day: Strawberry cup | **16**  BBQ Baked Chicken w/ Mashed Potatoes and Green Beans  Or  Turkey Ham & Cheese  Goldfish, Potato Salad  Fruit of the day: Apples | **17**  Chicken Breast Sandwich w/ Cheese, Tater Tots and Broccoli  Or  Chicken Caesar Salad w/ Garlic Bread Parmesan Cheese & Tomatoes  Fruit of the day: Assorted Fresh Fruit |
| **20**  **MLK Day**  **No**  **School** | **21**  Spaghetti w/ Meatballs, Garlic Knots, & Zucchini  Or  Turkey & Cheese  W/ Goldfish & Broccoli & Tomato bites  Fruit of the day: Apple Slices | **22**  Beef Nachos w/ Fresh Salsa & Cheese w/ Roasted Corn & Black Beans  Or  American Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & Carrots  Fruit of the day: Cantaloupe Chunks | **23**  BBQ Chicken Wings  Mac & Cheese, Green beans & Cucumber slices  Or  Turkey Ham & Cheese w/ Goldfish, Potato Salad  Fruit of the day: Pears | **24**  Cheeseburger, Glazed Carrots  and French Fries  Or  Chicken Caesar Salad w/ Garlic Bread Parmesan Cheese & Tomatoes  Fruit of the day: Assorted Fresh Fruit |
| **27**  Cheesy Hamburger Helper  W/ Peas and Glazed Carrots  Or  Munchable:  Muffin, Apple slices, Cheese stick, Turkey stick, Baby carrots  Fruit of the day: Bananas | **28**  Chicken Cheese Steak  Broccoli and Sweet Potato Tots  Or  Turkey & Cheese  W/ Goldfish & Broccoli & Tomato bites  Fruit of the day: Apple Slices | **29**  All Beef Hot Dog w/ Baked beans and Collard Greens  Or American Cold-cut w/ Lettuce & Tomato, Doritos, and Hummus & Crackers & Carrots  Fruit of the day: Mixed fruit cup | **30**  Fish Filet Sandwich w/ Cheese  Baked Fries & Green Beans  Or  Turkey Ham & Cheese w/ Goldfish, Potato Salad  Fruit of the day:  Pears | **31**  French Toast w/ Turkey Bacon &  Roasted Butternut Squash and Cucumber slices  Or  Chicken Caesar Salad w/ Garlic Bread Parmesan Cheese & Tomatoes  Fruit 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** |
| 6  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers | **7**  Blueberry Breakfast Bread  Fruit of the day: Banana | **8**  Strawberry Nutri-grain Bar  Fruit of the day: Apple slices | **9**  Chocolate Chocolate Chip Muffin  Fruit of the day: Pineapple Chunks | **10**  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers |
| **13**  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers | **14**  Raspberry Yogurt w/ Choc Gripz  Fruit of the day: Banana | **15**  Strawberry Appleway Bar  Fruit of the day: Apple slices | **16**  Apple glazed Donut holes  Fruit of the day: Strawberry fruit cup | **17**  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers |
| **20**  **MLK Day**  **No**  **School** | **21**  Strawberry Pop-tarts  Fruit of the day: Bananas | **22**  Blueberry Nutri-grain Bar  Fruit of the day: Apple slices | **23**  Chocolate Chip Muffin  Fruit of the day: Cantaloupe Chunks | **24**  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers |
| **27**  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers | **28**  Strawberry Banana Yogurt w/ Gripz  Fruit of the day: Bananas | **29**  Chocolate chip Appleway Bar  Fruit of the day: Apple slices | **30**  Apple glazed Donut holes  Fruit of the day: Apple slices | **31**  Assorted Cereal Kits  Includes Cereal, Apple Juice & Graham Crackers |