



School Information:

School resumes Jan. 7, 2019
 Martin Luther King Day/ flex day Jan.21, 2019
 Reminder: If your student receives free/reduced lunch they also receive free/reduced breakfast.



Nutrition Tip: Each meal is a building block in your healthy eating style. Include all the food groups throughout the day. Make fruits, vegetables, grains, dairy and protein part of your daily meals and snacks. Limit added sugars, sodium and saturated fat.



Monday

We offer breakfast in the cafeteria starting at 7:45 on every school day. The cost for breakfast is \$1.50 & .30 for reduced.

Tuesday

HAPPY NEW YEAR ☺ 1

Wednesday

WINTER BREAK 2

Thursday

WINTER BREAK 3

Friday

WINTER BREAK 4

PIZZA, ROMAINE SALAD, 7
 CARROT STICKS, PEACHES,
 MILK

CORN DOG, PRETZEL W/ 8
 CHEESE, PEPPER STRIPS,
 STEWED TOMATOES, FRESH
 FRUIT, MILK

COUNTRY FRIED STEAK, 9
 WHIPPED POTATOES,
 STEAMED BROCCOLI, ROLL W/
 BUTTER, APPLESAUCE, MILK

PIZZABURGER, BAKED 10
 CHIPS, GREAT NORTHERN
 BEANS, FRESH FRUIT, MILK

CHEESE QUESADILLA, 11
 REFRIED BEANS, MEXI RICE,
 RADISHES, PEARS, MILK

HAMBURGERS, FRENCH 14
 FRIES, COOKED CARROTS,
 STEWED APPLES, MILK

FISH NUGGETS, ONION 15
 RINGS, BAKED BEANS, FRESH
 FRUIT, MILK

PORK CHOP, MASHED 16
 POTATOES, SPINACH, MIXED
 FRUIT, BREAD & BUTTER,
 MILK

SPAGHETTI W/ MEAT 17
 SAUCE, ROMAINE SALAD,
 CUCUMBER SLICES, FRESH
 FRUIT, BREADSTICK, MILK

PULLED PORK SANDWICH 18
 SWEET POTATO FRIES, CELERY
 STICKS, PINEAPPLE, MILK

21
 Martin Luther King/flex day

TACO'S, LETTUCE AND 22
 CHEESE, SPANISH RICE,
 CHARRO BEANS, FRESH FRUIT,
 MILK

BEEF AND NOODLES, 23
 WHIPPED POTATOES, GREEN
 BEANS, PEACHES, ROLL W/
 BUTTER, MILK

CHICKEN TETRAZZINI, 24
 ROMAINE SALAD, CHERRY
 TOMATOES, BOSCO STICK,
 FRESH FRUIT, MILK

MINI PANCAKES, HASH 25
 BROWN, SAUSAGE LINK,
 TOMATO JUICE, MANDARIN
 ORANGES, MILK

GRILLED CHEESE 28
 SANDWICH, BAKED BEANS,
 SWEET POTATO FRIES, PEARS,
 MILK

CHICKEN NUGGETS, 29
 BAKED POTATO, BROCCOLI
 W/ CHEESE, FRESH FRUIT,
 COOKIE, MILK

SALISBURY STEAK, MIXED 30
 VEGETABLES, MASHED
 POTATOES, MIXED FRUIT,
 BREAD & BUTTER, MILK

CHEESY PEPPERONI 31
 RIPPERS, ROMAINE SALAD,
 BAKED CHIPS, RED PEPPER
 STRIPS, FRESH FRUIT, MILK



Menu subject to change without notice.