



School Information:
 SCHOOL RESUMES JAN. 8TH, 2018
 MARTIN LUTHER KING / FLEX DAY Jan.15, 2018



Nutrition Tip: Eating foods away from home; Pack your snacks such as fruit, sliced veggies, low-fat string cheese or unsalted nuts to eat during road trips or long commutes. No need to stop at convenience stores for other food when these snacks are ready-to-eat.



Monday

Tuesday

Wednesday

Thursday

Friday

1

HAPPY NEW YEAR !

2

WINTER BREAK

3

WINTER BREAK

4

WINTER BREAK

5

WINTER BREAK

8

APPLE CINNAMON TEXAS
 TOAST, HASH BROWN,
 SAUSAGE, FRUIT, JUICE, MILK

9

IRISH NACHOS, CHIPS
 POTATO WEDGES, TACO
 MEAT, SALSA, CHEESE, ,
 PEARS, MILK

10

COUNTRY FRIED STEAK,
 MASHED POTATOES, GRAVY,
 CORN, ROLL, APPLE, MILK

11

CHICKEN PARMESAN W/
 PASTA, PEAS & CARROTS,
 PEACHES, SPINACH SALAD,

12

HAM & CHEESY POTATO
 BAKE, BROCCOLI, ROLL,
 MIXED FRUIT, MILK

15

MARTIN LUTHER KING DAY /
 FLEX DAY

16

CHICKEN & WAFFLES, HASH
 BROWN, WARM SPICED
 APPLES, JUICE, MILK

17

BLACKHAWK BOWL, CHICKEN,
 MASHED POTATOES, GRAVY,
 CORN, ROLL, MIX FRUIT, MILK

18

CHEESE BOSCO STICKS, W/
 DIPPING SAUCE, PEAS, PEARS,
 MILK

19

CRISPITOS, SALSA, CHARRO
 BEANS, MEXI RICE, SALAD
 PINEAPPLE, MILK

22

SAUSAGE, GRAVY, BISCUIT,
 WARM SPICED APPLES, HASH
 BROWN, JUICE, MILK

23

CHICKEN FAJITA, PEPPERS &
 ONIONS, CORN, MEXI RICE,
 MIXED FRUIT, MILK

24

TURKEY MANHATTAN, BREAD,
 MASHED POTATOES, GREEN
 BEANS, PEARS, MILK

25

BEEF STEW IN A BREAD BOWL,
 ROMAINE SALAD,
 APPLESAUCE, MILK

26

MEATBALL SUB W/ CHEESE,
 CALIFORNIA VEGGIES,
 PEACHES, MILK

29

MINI CORN DOGS, BAKED
 BEANS, PEAS, FRESH FRUIT,
 MILK

30

PEPPERONI BOSCO STICK,
 DIPPING SAUCE, JUICE, HOT
 CARROTS, APPLESAUCE, MILK

31

CHICKEN AND NOODLES,
 MASHED POTATOES, ROLL,
 BROCCOLI, MIXED FRUIT, MILK



Menu subject to change
 without notice.