



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p>	<p>4 Grilled Cheese Sandwich</p> <p>Toasty Grilled Cheese Sandwich served with Seasoned Green Beans</p>	<p>5 Popcorn Chicken Bowl</p>	<p>6 Chicken Nuggets</p> <p>Juicy Breaded Chicken Nuggets Served with Brown Sugar Carrots and a Fresh Roll</p>	<p>7 BBQ Rib Sandwich</p> <p>A Boneless Pork Patty Smothered in BBQ Sauce served in a fresh bun with Crispy French Fries</p>	<p>8 Italian Dunkers</p> <p>Fresh baked breadsticks topped with garlic butter sauce and melted mozzarella cheese. Served with steamed vegetables and a side of marinara.</p>
	<p>Fresh Fruits and Vegetables Offered Daily</p> <p>*Vegetables may include: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber *May choose two 1/2 cup servings</p> <p>*Fruits may include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce *May choose one 1/2 cup serving</p> <p>MENUS SUBJECT TO CHANGE</p>	<p>11 Macaroni & Cheese</p> <p>Creamy homemade macaroni and cheese served with a dinner roll and steamed broccoli</p>	<p>12 Tacos</p> <p>Seasoned Beef and Shredded Cheddar Cheese Tacos</p> <p>Shredded Lettuce, Salsa and Sour Cream Available Served With Black Bean Corn Salad</p>	<p>13 Chicken Tenders</p> <p>Juicy breaded chicken tenders served with creamy mashed potatoes & gravy and a slice of bread</p>	<p>14 Mandarin Orange Chicken</p> <p>Breaded popcorn chicken tossed in an Asian inspired mandarin sauce served on a bed of steamed rice with seasoned vegetables</p>
<p>18</p> <p>MLK Day—No School</p>	<p>19 Chicken Patty</p> <p>Breaded Chicken Breast on a Fresh Bun served with Crispy Fries</p>	<p>20 BBQ Chicken Bowl</p> <p>Grilled Chicken</p> <p>Smothered in Honey BBQ Sauce Over Steamed Corn and White Rice</p>	<p>21—French Toast Sticks</p> <p>Served with Sausage Pattie and Golden Hash Browns</p>	<p>22 Meatball Hoagie</p> <p>Italian Seasoned Meatballs with Melted Mozzarella Cheese and Marinara Sauce Inside a Fresh Hoagie Bun</p> <p>Served with steamed Broccoli</p>	
<p>Milk Choices Offered Daily Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White</p>	<p>25 Cheeseburger</p> <p>A Juicy Beef Patty topped with Melted American Cheese served on a Fresh Bun with Fries</p>	<p>26 Nachos</p> <p>Seasoned Beef and Shredded Cheddar Cheese Over Crunchy Tortilla Chips</p> <p>Served with Steamed Corn</p>	<p>27 Penne Pasta</p> <p>Classic Penne and Meatballs Served with Buttered Sweet Pea and a Garlic Breadstick</p>	<p>28 General Tso's Chicken</p> <p>Popcorn Chicken and Mixed Asian Vegetables over Steamed Rice Drizzled with Spicy General Tso's Sauce</p>	<p>29 Pepperoni Pinwheels</p> <p>Pepperoni and Mozzarella Cheese Rolled in Fresh Pizza Dough and Baked Golden Brown</p> <p>Served with Seasoned Steamed Broccoli</p>