

Monday
Tuesday
Wednesday
Thursday
Friday

2019


1
Happy New Year!
2

 Confetti Soup
 Whole grain Biscuit

**Salad Bar*
Pizza Day
3

 Assorted Pizza on
 Whole Grain Crust

**Salad Bar*
National Spaghetti Day

 Spaghetti & Marinara
 Meatballs
 Whole Grain Breadstick
**Salad Bar*
Meatless Monday
7

 Hearty Spanish Stew
 Whole Grain Dinner Roll

**Salad Bar*
Tuesday in a Pocket
8

 Hot Ham, Broccoli, and
 Cheese in whole Grain
 Pita

**Salad Bar*
Pizza "ish"
9

 Chicken Bacon Ranch
 Whole Grain Flatbread

**Salad Bar*
Early Bird Breakfast
10

 Apple Maple French
 Toast Bake
 Sausage links
**Salad Bar*
Chef's Choice
11
**Cafeteria Choice of
 Entrée**
**Salad Bar*
Meatless Monday
14

 Cheese Ravioli & Pesto
 Whole Grain Garlic
 Breadstick
**Salad Bar*
Fish Sandi
15

 Crunchy Coated Pollock
 Whole Grain Bun
 Seasoned Fries
**Salad Bar*
Café Classic
16

 Toasted Cheese
 Tomato Soup

**Salad Bar*
Pizza Day
17

 Assorted Pizza on
 Whole Grain Crust

**Salad Bar*
January Picnic
18

 Chicken Drumstick
 Corn on the Cob
 Whole Grain Biscuit
**Salad Bar*

21
Garlic Fix
22

 Chicken & Broccoli with
 Garlic Sauce
 Whole Grain Pasta
**Salad Bar*
Pizza Day
23

 Cheesy Whole grain
 Quesadilla

**Salad Bar*
White Day
24

 White Chicken Chili
 Whole grain Bread bowl

**Salad Bar*
Chef's Choice
25
**Cafeteria Choice of
 Entrée**
**Salad Bar*
Meatless Monday
28

 Cheesy Breadsticks
 Marinara Sauce

**Salad Bar*
Red Riots Bowl
29

 Popcorn Chicken,
 Corn, mashed taters,
 In a bowl
**Salad Bar*
Grab n' Go
30

 Cheeseburgers on whole
 Grain bun
 French Fries
**Salad Bar*

Early Release

Pizza Day
31

 Assorted Pizza on
 Whole Grain Crust

**Salad Bar*

Lunch Menu includes minimum of an Entrée, Whole Grain, Fruit, Veg, and Milk (low fat regular and fat free flavored). Students **must take a fruit or vegetable** to be in compliance with National School Lunch Program. **Salad Bar is included with lunch and offers different items daily, which include fruits and vegetables as well as mixed salads, and items to go with daily menu. Menus are subject to change*

"This institution is an equal opportunity provider"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini Pancakes</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Homemade Whole Grain Muffin</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Bun</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Cinnamon Roll</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>
<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Mini French Toast</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Breakfast Pizza</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Donut</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Pancake Wrapped Sausage on a stick</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>	<p>Whole Grain Assorted Cereal Bowl</p> <p>OR</p> <p>Whole Grain Bagel w/cream cheese</p> <p>OR</p> <p>Whole Grain Cocoa Bread</p> <hr/> <p>Assorted Fruit 100% Fruit juice Milk-Variety 1% or fat free flavored</p>

Breakfast options are available every day, the student must take 3 items a day (with one being fruit) to count for a reimbursable meal.. Menus are subject to change. "This institution is an equal opportunity provider"