

<div>Menu Subject to Change</div> <div>K - 8 JANUARY LUNCH MENU</div> <div>2018-2019</div>				
Monday	Tuesday	Wednesday	Thursday	Friday
	1st	2nd	3rd	4th
<p>Free & reduced price meal information can be obtained online or in the school office. Milk only = \$.50, VEG: = Vegetarian, ALT: Alternate Meal Option, Peanut Butter and Jelly Uncrustables are a daily meal option</p>	<p>HAPPY NEW YEAR!</p> <p>NO SCHOOL</p>	<p>Beef Nachos</p> <p>Cheese Sauce Corn Tortilla Chips Broccoli Chilled Pineapple Shredded Lettuce Salsa</p> <p>VEG: Sweet & Sour Roast Tofu w/ Rice ALT: Chicken Cheddar Wrap</p>	<p>Cheese Stuffed Breadsticks</p> <p>Marinara Dipping Sauce Vegetable Blend Fresh Melon</p> <p>ALT: Turkey & Spinach Sandwich</p>	<p>Italian Meatsauce</p> <p>WG Penne Pasta Fresh Pea Pods Carrot Sticks Fresh Grapes Ranch Dressing</p> <p>VEG: Lasagna Rolls Turkey Wrap-BL</p>
7th	8th	9th	10th	11th
<p>Chicken Flatbread Gyro</p> <p>WG Flatbread Cucumber Coins Shredded Romaine, Diced Tomatoes Mandarin Oranges Ranch Dressing & Sour Cream PC</p> <p>VEG: Garden Burger w/ Pita Bread ALT: Turkey Club Sub</p>	<p>Beef Tacos</p> <p>Seasoned Black Beans WG Tortilla Shredded Cheddar Cheese Shredded Romaine Fresh Banana Taco Sauce</p> <p>VEG: Cheese Quesadilla ALT: Chicken Cheddar Wrap</p>	<p>Popcorn Orange Chicken</p> <p>Fried Vegetable Brown Rice Fresh Broccoli Fresh Melon Ranch Dressing Orange Sauce</p> <p>VEG: Roast tofu w/ Orange Sauce ALT: Roast Turkey And Cheese Sandwich</p>	<p>BBQ Chicken Meatballs</p> <p>Potato Wedges Cornbread Grape Tomatoes Applesauce Ketchup</p> <p>VEG: Cheese Omelet ALT: Chicken Caesar Wrap</p>	<p>Garlic Cheese Pizza Bread</p> <p>Marinara Sauce Tossed Spinach Sliced Zucchini Fresh Orange French Dressing</p> <p>ALT: Cold Cut Combo-BL</p>
14th	15th	16th	17th	18th
<p>French Toast</p> <p>Turkey Sausage Celery Sticks Chilled Tropical Fruit Calypso Crush Veggie Juice Syrup</p> <p>VEG: French Toast w/ Cheese omelet ALT: Southwest Chicken Wrap</p>	<p>Beef Hot Dog</p> <p>Vegetarian Baked Beans WG Hot Dog Bun Cauliflower Florets Fresh Banana Ketchup Ranch Dressing</p> <p>VEG: Hummus & Cheese Sandwich ALT: Turkey Club Sub</p>	<p>Chicken Drumstick</p> <p>Loaded Mashed Potatoes Whole Grain Cookie Kale/Romaine Salad Fresh Strawberries Italian Dressing</p> <p>VEG: Garden Burger w/ brown gravy ALT: Chicken Cheddar Wrap</p>	<p>Turkey Cheeseburger</p> <p>Roasted Red Potatoes Hamburger Bun Shredded Lettuce Fresh Carrots Fresh Grapes Ketchup</p> <p>VEG: Grilled Cheese Sandwich ALT: Turkey & Spinach Sandwich</p>	<p>Teriyaki Chicken</p> <p>Chicken Egg Roll WG Slider Bun Fresh Broccoli Fresh Apple Sweet & Sour Dip Ranch Dressing</p> <p>VEG: Teriyaki Tofu ALT: Turkey Wrap-BL</p>
21st	22nd	23rd	24th	25th
<p>NO SCHOOL</p>	<p>NO SCHOOL</p>	<p>Chicken Ala King</p> <p>Creamy Mashed Potato WG Tea Biscuit Fresh Broccoli Fresh Melon Butter PC Ranch Dressing</p> <p>VEG: Garden Burger w/ brown Gravy ALT: Roast Turkey And Cheese Sandwich</p>	<p>Chicken Patty</p> <p>Green Beans WG Hamburger Bun Fresh Carrots Fresh Grapes Ranch Dressing Mayo Packet</p> <p>VEG: Grilled Cheese Sandwich ALT: Chicken Caesar Wrap</p>	<p>Italian Seasoned Beef</p> <p>WG Garlic Toast Grape Tomatoes Romaine & Iceberg Blend Fresh Orange Mozzarella Cheese Ranch Dressing</p> <p>VEG: Cheese Stuffed Breadsticks(2) Cold Cut Combo-BL</p>
28th	29th	30th	31st	
<p>Cheeseburger</p> <p>Vegetarian Baked Beans Hamburger Bun Fresh Carrots Fresh Apple Ketchup Ranch Dressing</p> <p>VEG: Garden Burger on a bun ALT: Turkey Club Sub</p>	<p>BBQ Beef Riblet</p> <p>Glazed Carrots Hoagie Roll Fresh Broccoli Fresh Banana Ranch Dressing</p> <p>VEG: Hummus and Cheese Sandwich ALT: Chicken Cheddar Wrap</p>	<p>Chicken Alfredo</p> <p>WG Penne Pasta WG Tea Biscuit & Butter PC Romaine Salad Celery Sticks Fresh Orange Italian Dressing</p> <p>VEG: Cheesy Alfredo ALT: Roast Turkey And Cheese Sandwich</p>	<p>Chicken Strips</p> <p>Steamed Corn Cucumber Coins Fresh Melon BBQ Dipping Sauce</p> <p>VEG: Bean & Cheese Burrito ALT: Chicken Caesar Wrap</p>	

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider