

2

**Happy New Year!!!!**

side items

3

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

4

**Egg and Cheese Sandwich, Waffles!!!!**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

5

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

6

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

9

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

10

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

11

**Egg and Cheese Sandwich, Waffles!!!!**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

12

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

13

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

16

**Martin Luther King Day**

side items

17

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

18

**Egg and Cheese Sandwich, Waffles!!!!**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

19

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

20

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

23

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

24

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

25

**Egg and Cheese Sandwich, Waffles!!!!**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

26

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

27

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

30

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

31

**Egg and Cheese Sandwich**

Yogurt Parfait w/Fruit and Granola  
Hot and Cold Cereal Variety, Donuts  
Breakfast Bars, Pop Tarts, Muffins

side items

**Fresh Fruit, Juice**

Milk: Skim, 1%, Chocolate Skim

1

side items

2

side items

3

side items



Tropicana, Naked, and Snapple Juices  
Breakfast Consists of Grain or Protein  
with a Fruit/Juice



Local ingredients are always  
used when in season

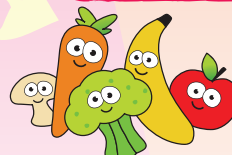


Ovo-Lacto Vegetarian,  
may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Breakfast \$1.25 Reduced .25c



**Healthy Choices**

Cliff Bars, Pancakes, Sausage wrapped in  
Pancakes



Daily Breakfast Specials-  
Waffle Wednesday



**Cara Dimarsico**

Food Service Director 526-  
7847 ext 1321



Designed to meet HealthierUS  
Challenge Gold Criteria



<b>2</b> <b>Happy New Year!!!!</b>  <i>side items</i>	<b>3</b> <b>Pasta with Meat sauce, Chicken Tenders, Hot Dog</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Broccoli, Tots</b> Fruit, juice <i>side items</i>	<b>4</b> <b>Oven Roasted Chicken, Beef and Bean Burrito</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Steamed Carrots, Tots</b> Fruit, juice <i>side items</i>	<b>5</b> <b>Chicken and Sausage over Rice, Fish Tacos</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Corn, Tots</b> Fruit, juice <i>side items</i>	<b>6</b> <b>Generals Tso Chicken w/Veggies, Calzone</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Steamed Spinach, Tots</b> Fruit, juice <i>side items</i>
<b>9</b> <b>Chicken Mash Potato Bowl, Mozzarella Stix w/Sauce</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Broccoli, fries</b> Fruit, juice <i>side items</i>	<b>10</b> <b>Meatloaf with Gravy, Chicken Fajitas, Chicken Tenders</b> Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Mixed Veggies, Tots</b> Fruit, juice <i>side items</i>	<b>11</b> <b>Macaroni and Cheese, Chicken Flatbread</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  Fruit, juice <i>side items</i>	<b>12</b> <b>Chicken Enchiladas, Nachos, Chicken Nuggets</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Baked Beans, Tots</b> Fruit, juice <i>side items</i>	<b>13</b> <b>Pizza Sticks, BBQ Chicken, Chicken Flatbread</b> Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Corn, Tots</b> Fruit, juice <i>side items</i>
<b>16</b> <b>Martin Luther King Day</b>  <i>side items</i>	<b>17</b> <b>Salisbury Steak w/Mashed Potatoes, Baked Ziti</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Green Beans, Tots</b> Fruit, juice <i>side items</i>	<b>18</b> <b>Orange Popcorn Chicken w/broccoli and Rice</b> BBQ Pork Sandwich Chicken Patty, Burger, Pizza Variety  <b>Sweet Potato Tots</b> Fruit, juice <i>side items</i>	<b>19</b> <b>Penne Alfredo w/Chicken &amp; Breadstick, Calzone</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Campfire Beans, Tots</b> Fruit, juice <i>side items</i>	<b>20</b> <b>Hot Opened Turkey Sandwich, Nachos, Pasta w/Veggies</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Spinach, Tots</b> Fruit, juice <i>side items</i>
<b>23</b> <b>Cheese Quesadillas, Chili Bread bowl, Ravioli</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Mixed Veggies, Tots</b> Fruit, juice <i>side items</i>	<b>24</b> <b>Country Chicken Nugget Bowl, Chicken Parm Stromboli</b> Chicken Patty, Burger, Pizza Variety  <b>Steamed Carrots, Fries</b> Fruit, juice <i>side items</i>	<b>25</b> <b>Meatball Parm Hero, Grilled Cheese and Bacon</b> Chicken Tenders w/ Breadsticks Chicken Patty Sandwich, Burger, Pizza Variety  <b>Baked Beans, Tots</b> Fruit, juice <i>side items</i>	<b>26</b> <b>Hot Opened Turkey Sandwich, Nachos, Pasta w/Veggies</b> Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Zucchini, Tots</b> Fruit, juice <i>side items</i>	<b>27</b> <b>Korean Meatball Stew w/cilantro Lime Rice</b> Chicken Bruschetta Melt Chicken Patty Sandwich, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Broccoli, Tots</b> Fruit, juice <i>side items</i>
<b>30</b> <b>Pasta with Meatballs, BBQ Chicken Panini</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Peas, Tator tots</b> Fruit, juice <i>side items</i>	<b>31</b> <b>Macaroni and Cheese, Fish Sticks, Corn Dog</b> Chicken Patty, Burger, Pizza Variety Yogurt Parfait w/ Granola and String Cheese  <b>Green Beans, Tots</b> Fruit, juice <i>side items</i>	<b>1</b>  <i>side items</i>	<b>2</b>  <i>side items</i>	<b>3</b>  <i>side items</i>



**Daily Lunch Specials**  
Homemade Soups  
Premium Cold Cuts



Local ingredients are always used when in season

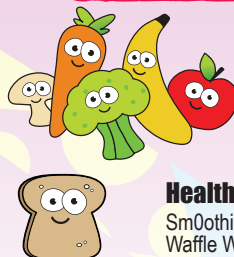


Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Lunch \$2.75 Reduced .25c Adult \$3.61



### Pre Order Lunches

Lunch consists of Grain, Protein, Fruit/Veggie and Milk...Student must take a Fruit/Juice

### Healthy Snacks!!

SmOothies on Thursdays,  
Waffle Wednesday



### Cara Dimarsico

Food Service Director 526-7847 ext 1321