



Menu – January 2010
(17 lunch days)

Alternative: Ham & Cheese Sandwich on Wheat, with Pretzels, Fruit, Veggie of the Day & Milk
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Monday	Tuesday	Wednesday	Thursday	Friday
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No School – Winter Break				
4 <i>No School</i> <i>Teacher Inservice</i>	5 Pasta & Meatballs, Tossed Salad, Fresh Fruit & Milk	6 Fish Sticks, Steamed Veggies, Fresh Fruit & Milk	7 Chicken & Rice Soup, Toasted Cheese Sandwich, Fresh Fruit, Milk & Cookie	8 French Bread Pizza: Cheese, Pepperoni or Veggie, Veggie Sticks w/Dip, Fresh Fruit & Milk
11 Multigrain Pancakes, Maple Syrup with Sausage, Fresh Fruit & Milk	12 Ham Italian, Pretzels, Fresh Fruit, Milk & Brownie	13 <i>No Lunch</i> <i>Early Release</i>	14 Chicken Nuggets with Dipping Sauce, Steamed Veggies, Fresh Fruit & Milk	15 Pizza: Cheese, Pepperoni or Veggie, Veggie Sticks w/Dip, Fresh Fruit & Milk
18 <i>No School</i> <i>Dr. Martin Luther King Jr.'s Birthday</i>	19 Cheese Ravioli, Steamed Veggies, Garlic Toast, Fresh Fruit & Milk	20 Corn Dogs, Tossed Salad, Fresh Fruit & Milk	21 Hamburger or Cheeseburger, Oven Fries, Steamed Veggies, Fresh Fruit & Milk	22 French Bread Pizza: Cheese, Pepperoni or Veggie, Veggie Sticks w/Dip, Fresh Fruit & Milk
25 Breakfast Sandwich (egg, ham & cheese on English muffin), Hash Browns, Fresh Fruit & Milk	26 Mac & Cheese, Steamed Veggies, Fresh Fruit & Milk	27 Top-Your-Own Nachos, Grilled Chicken, Cheese, Choice of Toppings, Fresh Fruit, Milk & Jello with Whipped Cream	28 Hotdog on Roll, Oven Fries, Steamed Veggies, Fresh Fruit & Milk	29 Pizza: Cheese, Pepperoni or Veggie, Veggie Sticks w/Dip, Fresh Fruit & Milk

Always available: P.B.&J. or Cereal: Cheerios or Rice Krispies. All served with yogurt and fresh fruit.

On meat entree days, Smart Dogs, Veggie Burgers, Veggie Chicken Nuggets and Veggie Chicken Patties will be available as a vegetarian alternative.

Lunch - \$2.50 includes milk. Milk - .40

Menu subject to change without notice.