

Monday
Tuesday
Wednesday
Thursday
Friday


6
 Chicken Nuggets
 BBQ Dipping Sauce
 Whole Grain Pretzel Bites
 Steamed Broccoli
 Fresh Carrots w/LF Ranch Dip

7
 French Toast Sticks
 Sausage Patty
 Tater Tots
 Syrup Cup
 Fresh Celery w/LF Ranch Dip

8
 Personal Pan Pizza
 or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

9
 Wild Mike Cheese Bites
 Marinara Dipping Sauce
 Green Beans
 Fresh Celery w/LF Ranch Dip

10
K-5 Early Dismissal
K-4 at 11:30 am
5th Grade at 10:45am
 MS Lunch Grades 6-8
 Buffalo Chicken Wrap
 Lettuce & Cheese
 Steamed Carrots & Fresh Veggies

13
 Popcorn Chicken
 BBQ Dipping Sauce
 Whole Grain Dinner Roll
 Mixed Veggies
 Fresh Carrots w/LF Ranch Dip

14
 Soft or Hard Taco
 Sour Cream & Salsa Cup
 Fresh Lettuce
 Mex. Corn
 Fresh Celery w/LF Ranch Dip

15
 French Bread Pizza
 or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

16
 Roasted Chicken
 Whole Grain Corn Bread or
 Whole Grain Dinner Roll
 Mashed Potato W/Gravy
 Mixed Veggies w/LF Ranch Dip

17
 Meatball Sub
 Mozzarella Cheese Cup
 Italian Green Beans
 Mixed Veggies w/LF Ranch Dip

20
 No School
 Martin Luther
 King Jr. Day!

21
 Chicken Tenders
 BBQ Dipping Sauce
 Whole Grain Cheez It's
 Cheesy Broccoli
 Fresh Carrots w/LF Ranch Dip

22
 Homemade Cheese Pizza
 or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

23
 Hot Dog on Whole Grain Roll
 Baked Beans
 Fresh Peppers w/LF Ranch Dip

24
 Chicken Patty on
 Whole Grain Roll
 Green Peas & Carrots
 Mixed Veggies w/LF Ranch Dip

27
 Chicken Tenders
 BBQ Dipping Sauce
 Whole Grain Bread Stick
 Corn
 Fresh Carrots w/LF Ranch Dip

28
 Cheeseburger on
 Whole Grain Roll
 Fresh Lettuce & Slice Tomatoes
 Cinn. Glaze Carrots
 Fresh Celery w/LF Ranch Dip

29
 No School
 Lunar New Year!

30
 Big Daddy's Pizza
 or
 Gluten Free Pizza
 Tossed Salad w/ LF Italian Dressing
 Tomato Wedges w/LF Ranch Dip

31
 Mac & Cheese
 Whole Grain Garlic Bread Stick
 Green Beans
 Mixed Veggies w/LF Ranch Dip

Available Daily- Tuna, Cheese or Turkey, Ham w/or without Cheese on Whole Grain Bread Grab n go Bags w/ Uncrustable w/String Cheese, Cheez- it's or WG Dinner Roll (or) Trix Yogurt Cup w/Cheese Stick, WG Cheez- its & WG Dinner Roll Chef w/LF Dressing & Whole Grain Roll & Homemade Croutons or GF Tossed Salad & GF Wraps

Free Breakfast & Lunch to all Students Daily!