



School Information:

Early Dismissal Jan. 13th



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

Salisbury Steak **3**
Mashed Potatoes
Green Beans
Dinner Roll
Peaches
Milk

TUESDAY

Fish Sticks **4**
Oven Fries
Baked Beans
Applesauce
Milk

WEDNESDAY

Turkey & Cheese on a Croissant **5**
Steamed Corn
Salad
Oranges
Milk

THURSDAY

Chili **6**
Saltine Crackers
Celery Sticks
Baby Carrots
Banana
Milk

FRIDAY

Corn Dogs **7**
French Fries
Peas & Carrots
Pears
Milk

Max Sticks **10**
Pizza Sauce
Cucumbers
Baby Carrots
Apple Slices
Milk

Spanish Rice **11**
Refried Beans
Steamed Corn
Salsa
Mixed Fruit
Milk

Meat Sauce **12**
WG Noodles
Bread Stick 9-12
Green Beans
Strawberries
Milk

Hamburgers **13**
WG Bun
Baked Beans
Seasoned Fries
Oranges
Milk Early Dismissal

Tater Tot Casserole **14**
Steamed Carrots
Steamed Broccoli
Bread
Grapes
Milk

Hot Ham & Cheese **17**
WG Bun
Potato Wedges
Green Beans
Pineapple
Milk

Chicken & Gravy **18**
Mashed Potatoes
Seasoned Peas
Dinner Roll
Peaches
Milk

Tacos **19**
Salsa / Refried Beans
Steamed Corn
Romaine Salad
Apricots
Milk

Shepherd Pie **20**
Slice Bread
Mixed Veggies
Pears
Milk

Sloppy Joe **21**
Chips
Pickles
Baby Carrots
Apple Sauce
Milk

BBQ Pork Sandwich **24**
WG Bun
Oven Fries
Baked Beans
Apples
Milk

Meatballs & Gravy **25**
WG Noodles
Steamed Carrots
Steamed Peas
Apple Sauce
Milk

Chicken Teriyaki **26**
Seasoned Rice
Pepper Blend
Broccoli
Blueberries
Milk

Grilled Cheese **27**
Tomato Soup
Vegetable Medley
Pineapple
Milk

Chicken Nuggets **28**
Mashed Potatoes
Bread
Green Beans
Grapes
Milk

Chicken Patty **31**
WG Bun
French Fries
Steamed Carrots
Mixed Berries
Milk

