

Today is the first blank page

Of a 365 page book,

Write a good one!

Happy New Year

We serve heart healthy whole grains.

1% white or chocolate milk is served

With each meal. Extra milk may be purchase

No

School

Ham or Turkey/cheese

Sub Sandwich

Lettuce, Tomato, Pickle Spear

Seasoned Wedges

Green Beans

Fruit

Biscuit-Gravy

Scrambled Eggs

Sausage, Hash rounds

Juice Box, Banana

Cheese or Chicken

Quesadilla

Tortilla Scoops/ cheese sauce

Corn, Side Salad

Baked Apples

Chicken Fried Steak

Or

Chicken Drumstick

Potato/gravy

Lima Beans, Peaches

Dinner Roll

Early

Out

Sack Lunch

Rotini W/ Meatballs

Or Chicken Alfredo

Garlic Toast

Salad, Green Beans

Pineapple

Cheeseburger

Or Pizza Burger/bun

Curly Fries

Normandy Vegetables

Peaches

Fruit Snacks

Nacho Supreme

(Chips, Meat, Cheese

Sour Cream, Salsa)

Mixed Vegetables

Pears

No School

Cheese Pizza

Green Beans

Bag of Baked Chips

Fruit

Ice Cream and Oreo Cookies

Chili/crackers

Or Ham and Beans

Corn Bread Muffin

Grilled Cheese Sandwich

Carrots, Celery, Peppers

Fruit choice

Hot Dog/bun

BBQ Rib/bun

Bake Beans, Frito Corn Chip

Cheese Stick, Cesar Salad

Applesauce

Walking Taco

Or Taco Salad

Mexican Rice

Corn, Pears

Chicken Patty

Or Spicy Chicken/bun

Seasoned Wedges

Peas/carrots

Mandarin Oranges

Flatbread Pizza

W/ assorted toppings

California Blend Veg.

Pineapple, Bag of Chips

Vanilla pudding

w/ Wafers

Pulled Pork/bun

Or Cheeseburger

Fries

Dill Pickle Spear

Corn, Apricots

Chicken Noodles

Potato/gravy

Green Beans, Dinner Roll

Fruit

Chicken Burrito

W/ cheese cup

Or Hand Taco Pie

Spicy Pinto Beans

Tortilla Chips

Mixed Fruit

Fish Sticks

Or Tenderloin/bun

Mac and cheese

Mixed Vegetables

Peaches

No

School

Happy

New

Year!!!

**JANUARY 2020**

Home of the Tornadoes 9-12

French bread Pizza

Marinara Sauce

Chex Kid Mix

Spinach Salad with tomatoes and cucumbers, Fruit

Pack of cookies