

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**6**

**Teacher Duty Day**

**7**

**Choose one of the following:**  
Beef Burrito,  
Taco Salad,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Pinto Beans, Red Peppers, Milk,  
Juice, & Fruit

**1**

**Winter Break**

**2**

**Winter Break**

**3**

**Winter Break**

**6**

**Teacher Duty Day**

**7**

**Choose one of the following:**  
Beef Burrito,  
Taco Salad,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Pinto Beans, Red Peppers, Milk,  
Juice, & Fruit

**8**

**Choose one of the following:**  
Boneless Wings  
w/ WG Slider & BBQ Sauce,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Green Beans, Milk, Juice, & Fruit

**9**

**Choose one of the following:**  
Meatballs in Marinara  
w/ WG Hoagie,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Cucumbers, Corn, Milk, Juice, &  
Fruit

**10**

**Choose one of the following:**  
Pizza: Cheese or Pepperoni,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Caesar Salad, Carrots, Milk, Juice,  
& Fruit

**13**

**Choose one of the following:**  
Mac n' Cheese w/ WG Slider,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Honey Carrots, Milk, Juice, & Fruit

**14**

**Choose one of the following:**  
Buffalo Chicken Dip w/ Corn Chips,  
All American Sub,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Celery, Milk, Juice, & Fruit

**15**

**Choose one of the following:**  
Corn Dog,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Baked Beans, Carrots, Milk, Juice,  
& Fruit

**16**

**Choose one of the following:**  
Beef Empanada,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Corn, Milk, Juice, & Fruit

**17**

**Choose one of the following:**  
French Bread Pizza:  
Cheese or Pepperoni,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Caesar Salad, Milk, Juice, & Fruit

**20**

**Martin Luther King's Birthday**

**21**

**Choose one of the following:**  
Chicken Quesadilla,  
Cuban Sandwich,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Black Beans, Red Peppers, Milk,

**22**

**Choose one of the following:**  
Chicken and Waffles,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Green Beans, Milk, Juice, & Fruit

**23**

**Choose one of the following:**  
2 Chicken Eggrolls  
w/ Sweet and Sour Sauce,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Corn, Cauliflower Salad, Milk,  
Juice, & Fruit

**24**

**Choose one of the following:**  
Pizza: Cheese or Pepperoni,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Caesar Salad, Carrots, Milk, Juice,  
& Fruit

**27**

**Choose one of the following:**  
Turkey & Cheese Sub,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Baked Beans, Milk, Juice, & Fruit

**28**

**Choose one of the following:**  
2 Beef Soft Tacos,  
Chicken Buffalo Wrap,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Cilantro Lime Cauliflower, Milk,  
Juice, & Fruit

**29**

**Choose one of the following:**  
Toasted Cheese Sandwich,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Tomato Soup, Pickles, Milk, Juice,  
& Fruit

**30**

**Choose one of the following:**  
BBQ Chicken on a WG Bun,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: French Fries, Milk, Juice, & Fruit

**31**

**Choose one of the following:**  
Pizza: Cheese or Pepperoni,  
PBJ Sandwich w/ Cheese Stick,  
Lunch Salad w/ Cheese, WG Roll,  
And a choice of meat,  
Sides: Caesar Salad, Carrots, Milk, Juice,  
& Fruit

**Harvest of the Month: Harvest of the Month: Cauliflower** – Did you know that it's high in vitamins C and K, and is also a good source of folate, which supports cell growth and is essential during pregnancy. Cauliflower is fat-free and cholesterol-free. And it's low in sodium. A one-cup serving contains only 25 calories, 5 grams of carbohydrates and 2 grams of dietary fiber. (The Mayo Clinic Health System)

At lunch, we are required to offer five components. Students are required to take 3 of the 5 components, one of those must be a serving of fruit or vegetable to be counted as reimbursable. We encourage students to take all 5.

This Institution is an Equal Opportunity Provider

- Components:**
- Bread/grain
  - Fruit
  - Vegetable
  - Milk
  - Meat/Meat Alternate