



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 January 7-11	7 <ul style="list-style-type: none"> <li> Red Beans &amp; Brown Rice (V)</li> <li> Eat Fit Yogurt Pack (V)</li> <li> Turnip Greens</li> <li>Corn on the Cob</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	8 <ul style="list-style-type: none"> <li> Whole Grain Turkey Nachos</li> <li> WG Bean &amp; Cheese Nachos (V)</li> <li>Salsa</li> <li> Lettuce &amp; Tomato</li> <li> Refried Beans</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	9 <ul style="list-style-type: none"> <li> WG Grilled Cheese Sandwich (V)</li> <li>Chicken Salad Sandwich</li> <li>Tomato Basil Soup</li> <li> Mixed Vegetables</li> <li> Assorted Fresh Fruit</li> <li> Assorted Milk</li> </ul>	10 <ul style="list-style-type: none"> <li> Chicken Breast w/ Red Sauce</li> <li> Brown Rice</li> <li>Chicken Salad Wrap</li> <li>Vegetable Wrap (V)</li> <li>Mashed Potatoes</li> <li>Broccoli &amp; Cheddar Soup</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	11 <ul style="list-style-type: none"> <li>Pork Chop with Gravy</li> <li> Brown Rice</li> <li> Chef Salad</li> <li>Butternut Squash Soup w/ Grilled Cheese (V)</li> <li> Roasted Mushrooms</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	
WEEK 2 January 14-18	14 <ul style="list-style-type: none"> <li> Grilled Chicken Sandwich</li> <li>Pizza Kit (V)</li> <li> Baked Beans</li> <li> Potato Salad</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	15 <ul style="list-style-type: none"> <li>Beef &amp; Cheese Lasagna</li> <li> Ham, Cheese &amp; Triscuit Kit</li> <li>Vegetable Lasagna</li> <li>Green Peas</li> <li> Romaine Side Salad</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	16 <ul style="list-style-type: none"> <li> Chicken Stir Fry</li> <li> Brown Rice</li> <li>Turkey &amp; Cheese Sandwich</li> <li> Whole Grain Grilled Cheese</li> <li> Steamed Broccoli</li> <li>Peas &amp; Carrots</li> <li> Assorted Fresh Fruit</li> <li> Assorted Milk</li> </ul>	17 <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Ham &amp; Cheese on Bun</li> <li> Green Beans</li> <li> Tomato &amp; Cucumber Salad</li> <li> Assorted Fresh Fruit</li> <li> Assorted Milk</li> </ul>	18 <ul style="list-style-type: none"> <li>BBQ Chicken Thigh</li> <li>Mac &amp; Cheese</li> <li> Ham, Cheese &amp; Triscuit Kit</li> <li> Veggie Burger on WG Bun (V)</li> <li> Baked Beans</li> <li> Baked Sweet Potato Fries</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	
WEEK 3 January 21-25	21 <p style="text-align: center;">Martin Luther King Day</p> <p style="text-align: center;">No School</p>	22 <ul style="list-style-type: none"> <li> Whole Grain Turkey Nachos</li> <li> WG Bean &amp; Cheese Nachos (V)</li> <li>Salsa</li> <li> Lettuce &amp; Tomato</li> <li> Refried Beans</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	23 <ul style="list-style-type: none"> <li> WG Grilled Cheese Sandwich (V)</li> <li>Chicken Salad Sandwich</li> <li>Tomato Basil Soup</li> <li> Mixed Vegetables</li> <li> Assorted Fresh Fruit</li> <li>Assorted Milk</li> </ul>	24 <ul style="list-style-type: none"> <li> Chicken Breast w/ Red Sauce</li> <li> Brown Rice</li> <li>Chicken Salad Wrap</li> <li>Vegetable Wrap (V)</li> <li>Mashed Potatoes</li> <li>Broccoli &amp; Cheddar Soup</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	25 <ul style="list-style-type: none"> <li>Pork Chop with Gravy</li> <li> Brown Rice</li> <li> Chef Salad</li> <li>Butternut Squash Soup w/ Grilled Cheese (V)</li> <li> Roasted Mushrooms</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	
WEEK 4 January 28-31	28 <ul style="list-style-type: none"> <li> Chicken &amp; Sausage Brown Rice</li> <li>Jambalaya</li> <li> Greek Yogurt Pack</li> <li> Steamed Broccoli</li> <li> Cabbage</li> <li> Assorted Fresh Fruit &amp; Milk</li> </ul>	29 <ul style="list-style-type: none"> <li>Pulled Pork</li> <li>Mac &amp; Cheese</li> <li> Turkey Taco Kit</li> <li>Veggie Burger on Whole Wheat Bun</li> <li>Baked Sweet Potato</li> <li>Lima Beans</li> <li>Assorted Fresh Fruit &amp; Milk</li> </ul>	30 <ul style="list-style-type: none"> <li>Hot Dog on Whole Grain Bun</li> <li> Chef Salad</li> <li>Garden Salad (V)</li> <li>Baked French Fries</li> <li>Creamy Cole Slaw</li> <li>Assorted Fresh Fruit &amp; Milk</li> </ul>	31 <ul style="list-style-type: none"> <li> Turkey Taco</li> <li>Chicken Bacon Wrap</li> <li>Vegetarian Quesadilla</li> <li> Lettuce &amp; Tomato</li> <li> Baked Beans</li> <li> Assorted Fresh Fruit</li> <li> Assorted Milk</li> </ul>		
Week 5						

