



School Information: Choose Vegetables rich in color. Brighten your plate with red orange or dark green vegetables.



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



No School Today
Teacher-In- Service

6

Tuesday



Breaded Chicken Patty
Mashed Potatoes & Gravy
Green Beans
Banana Bread & Jelly
Milk

7

Wednesday

No School Today

1

Happy New Year!!

2020

Thursday

No School Today

2

Friday

No School Today

3

Cheese Pizza
Baby Carrots
Tossed Salad w/Spinach
Pineapple Tidbits
Milk

13

White Chicken Chili
Corn Bread
Baby Tomatoes
Cucumber Slices
Apple Sauce , Milk

14

Biscuits & Gravy
Sausage Patty
Tri Tater
Broccoli Florets
Orange Halves, Milk

15

Chicken Tenders
Baked Beans
Creamy Coleslaw
Baby Carrots
Apple Quarters, Milk

16

Mini Meat Ball Sub
Marinara Sauce
Ranch Potato Wedges
Garden Salad
Diced Peaches, Milk

17

No School Today
Teacher In Service

20

Grilled Chicken Wrap
Tomato Slices
Romaine Lettuce Leaves
Seasoned Rice
Tropical Fruit, Milk

21

Spaghetti W/ Meat Sauce
Garden Salad, Garlic Bread
Green Beans
Orange Halves
Milk

22

Pig In a Blanket
Roasted Red Potatoes
Broccoli & Cheese
Apple Quarters
Milk

23

Chicken & Noodles
Mashed Potatoes
Baby Carrots
Fresh Grapes, WG Roll & Jelly
Milk

24

Cheese Bread Stick
Marinara dipping Sauce
Sweet Corn
Garden Salad
Banana, Milk

27

Country Beef Patty
Mashed Potatoes & Gravy
Baby Carrots
Sliced Pears
WG Roll & Jelly, Milk

28

Fajita Chicken Wrap
Seasoned Rice, Salsa
Dark Green Lettuce Leaves
Diced Tomatoes
Fresh Grapes, Milk

29

Hamburger on a Bun
Leaf Lettuce, Tomato Slices
Cucumber Slices
Baked Beans, Orange
Brownie, Milk

30

Popcorn Chicken
Tri Taters
Bell Pepper Strips
Broccoli Florets
Diced Peaches, Milk

31