



**PRICES**  
**FREE TO ALL CHILDREN !!**

 **Fresh Veggie Cups Offered Daily** 

**Lunch price includes: 5 components**  
1.Milk 2.Protein 3.Grains 4.Fruit 5.Vegetable

**\*Must take a fruit or veggie plus 2 more components to be a full meal\***

 **NF = Nut free**   
**\*\* OUR BREAD IS MADE IN A FACILITY THAT ALSO PROCESSES SESAME SEEDS\*\***  
Hummus Cups offered daily- This item is NOT nut free and is kept separate for safety

**Daily Alternates**

**Yogurt Meal-NF**

4 oz. yogurt, cheese stick, grain fruit, milk and a vegetable

**Grilled Cheese-NF**

**Sun butter & Jelly-NF**

**MONDAY**

1/3/2022- NF

**Chicken Nuggets**

Mashed Potatoes  
Corn  
Dinner Roll  
Choice of Assorted Fruits  
Low Fat Milk

**MONDAY**

1/10/2022- NF

**Crispy Chicken Patty**

Oven Baked Fries  
Choice of Assorted Fruits  
Low Fat Milk

**MONDAY**

1/17/2022- NF

**NO SCHOOL**

**MONDAY**

1/24/2022- NF

**Cheeseburger**

WG Doritos Chips  
Fresh Carrot sticks w/ LF Ranch Dip  
Choice of Assorted Fruits  
Low Fat Milk

**MONDAY**

1/31/2022- NF

**Chicken Nuggets w/ BBQ Dipping Sauce**

Oven Baked Fries  
Green Beans  
Choice of Assorted Fruits  
Low Fat Milk

**TUESDAY**

1/4/2022 -NF

**Breakfast for Lunch**

French Toast Sticks, w/ Sausage, Syrup  
Fruitables 100% Juice  
Choice of Assorted Fruits  
Low Fat Milk

**TUESDAY**

1/11/2022 -NF

**Breakfast for Lunch**

Scrambled Eggs, w/ Sausage  
Hash Browns  
Choice of Assorted Fruits  
Low Fat Milk

**TUESDAY**

1/18/2022 -NF

**Breakfast for Lunch**

Pancakes, w/ Sausage, Syrup  
Fruitables 100% Juice  
Choice of Assorted Fruits  
Low Fat Milk

**TUESDAY**

1/25/2022 -NF

**Breakfast for Lunch**

Waffles, w/ Sausage, Syrup  
Hash Browns  
Choice of Assorted Fruits  
Low Fat Milk

**WEDNESDAY**

1/5/2022 -NF

**Italian Combo Basket**

Mozzarella Bites & Meatballs  
w/ Marinara Sauce  
Carrots  
Choice of Assorted Fruit  
Low Fat Milk

**WEDNESDAY**

1/12/2022 -NF

**Homemade Shepherd's Pie**

Garlic & Butter Green Beans  
Choice of Assorted Fruits  
Low Fat Milk

**WEDNESDAY**

1/19/2022 -NF

**Mozzarella Sticks & Tomato Soup**

Cape Cod Chips  
Fresh Veggie Cups with LF Ranch dip  
Choice of Assorted Fruits  
Low Fat Milk

**WEDNESDAY**

1/26/2022 -NF

**Meatball Parmesan**

Meatballs with Sauce and Cheese  
Corn  
Garlic Knots  
Choice of Assorted Fruits  
Low Fat Milk

**THURSDAY**

1/6/2022 -NF

**Cheeseburger Mac**

Broccoli  
Garlic Knot  
Choice of Assorted Fruits  
Low Fat Milk

**THURSDAY**

1/13/2022 -NF

**Loaded Tater Tots**

W/ Cheese and Sour Cream  
Garlic Dinner roll  
Broccoli  
Choice of Assorted Fruits  
Low Fat Milk

**THURSDAY**

1/20/2022 -NF

**Loaded Taco Nachos**

Tortilla Chips  
w/ Seasoned Beef, Cheese and Salsa  
Corn  
Choice of Assorted Fruit  
Low Fat Milk

**THURSDAY**

1/27/2022 -NF

**Chicken Alfredo over Penne**

Garlic Dinner Roll  
Broccoli  
Choice of Assorted Fruits  
Low Fat Milk

**FRIDAY**

1/7/2022 -NF

**Cheese or Pepperoni Pizza**

Green Beans  
Choice of Assorted Fruits  
Low Fat Milk

**FRIDAY**

1/14/2022 -NF

**Mozzarella Bites**

w/ Marinara Sauce  
Veggie Cups  
Choice of Assorted Fruits  
Low Fat Milk

**FRIDAY**

1/21/2022 -NF

**French Bread Pizza**

Broccoli  
Choice of Assorted Fruits  
Low Fat Milk

**FRIDAY**

1/28/2022 -NF

**Cheese or Pepperoni Pizza**

Green Beans  
Choice of Assorted Fruits  
Low Fat Milk

