



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 <b>NO School Break</b>	3 <b>Nacho's (Crispy Round Tortilla Chips, Reduced Fat Cheese Sauce, Taco Meat)</b> Salsa Steam Corn Black Beans Cook's Choice <i>Fresh Fruit</i> Milk Choice	4 <b>Cheese Pizza</b> <b>Quesadilla Wedge</b> <b>Sweet Potato Wedges</b> <b>Baked Beans</b> Cook's Choice <i>Fresh Fruit</i> Milk Choice
7 <b>Hamburger/ Bun</b> 2 Condiments <b>Sweet Potato Wedges</b> <b>Cucumbers w/ Lite Ranch</b> Cook's Choice <i>Fruit</i> Milk Choice	8 <b>Toasted Ham &amp; Cheese</b> <b>Waffle Fries</b> 2 Condiment <b>Baked Beans</b> Cook's Choice <i>Fruit</i> Milk Choice	9 <b>Chicken Strips</b> <b>Dipping Sauce</b> 1 Pan Roll <b>Mashed Potatoes</b> <b>California Blend</b> Cook's Choice <i>Fruit</i> Milk Choice	10 <b>Meaty Baked Spaghetti</b> 1 Breadstick Green beans <b>Garden Salad (Lettuce Mix, 2 Cucumber Slices, 2 Grape)</b> Lite Ranch Cup Cook's Choice <i>Fresh Fruit</i> Milk Choice	11 <b>Chicken Nuggets</b> <b>Dipping Sauce</b> <b>Season Broccoli</b> <b>Baby Carrots w/ Lite Ranch</b> <b>Animal Crackers</b> Milk Choice
14 <b>Pork Rib w/ BBQ Bun</b> 2 Condiment/ Oven Fries <b>Baked Beans</b> Cook's Choice <i>Fruit</i> Milk Choice	15 <b>Breaded Chicken Pattie</b> <b>Bun</b> 2 Condiment <b>Sweet Potatoes Wedges</b> <b>Cucumber Slices w/ Light Ranch</b> Cook's Choice <i>Fruit</i> Milk Choice	16 <b>LS Tomato Soup</b> <b>Toasted Cheese Sandwich</b> <b>Veggie Tray (Carrots &amp; Broccoli)</b> Light Ranch Cup Cook's Choice <i>Fruit</i> Milk Choice	17 <b>Popcorn Chicken</b> <b>Dipping Sauce</b> <b>Mashed Potatoes</b> <b>Green Beans</b> <b>Animal Crackers</b> Cook's Choice <i>Fresh Fruit</i> Milk Choice	18 <b>Cheese Pizza Crunchers</b> <b>Marinara Sauce</b> <b>Romaine Salad w/ Grape</b> <b>Tomato's</b> <b>Light Ranch</b> <b>Mixed Vegetables</b> Cook's Choice <i>Fresh Fruit</i> Milk Choice
21 <b>NO SCHOOL</b> Martin Luther King Day	22 <b>Bread Porkchop Pattie</b> 1 WGR Pan Roll 1 Condiment <b>Glazed Sweet Potatoes</b> <b>Steam Peas</b> Cook's Choice <i>Fruit</i> Milk Choice	23 <b>Nacho's (Crispy Round Tortilla Chips, Reduced Fat Cheese Sauce, Taco Meat)</b> Salsa Steam Corn Refried Beans Cook's Choice <i>Fruit</i> Milk Choice	24 <b>Chili</b> ½ Peanut butter Sandwich <b>WGR Crackers</b> <b>Veggie Tray (Carrots &amp; Broccoli)</b> Lite Ranch Cook's Choice <i>Fresh Fruit</i> Milk Choice	25 <b>Stuff Crust Pepperoni</b> <b>Cheese Pizza</b> <b>Romaine Salad</b> <b>w/Grape tomatoes</b> Lite Ranch Green Beans Cook's Choice <i>Fresh Fruit</i> Milk Choice
28 <b>Chicken Nuggets</b> 2 Condiment Packet <b>Sweet Potato Wedges</b> <b>Winter Blend Vegetables</b> Cook's Choice <i>Fruit</i> Milk Choice	29 <b>Salisbury Steak w/ Gravy</b> 1 Pan Roll 1 Condiment <b>Mashed Potatoes</b> <b>Green Beans</b> Cook's Choice <i>Fruit</i> <b>Animal Crackers</b> Milk Choice	30 <b>Taco Wrap</b> <b>South West Blend Vegetables</b> <b>Cucumber slices w/ Lite Ranch</b> Cook's Choice <i>Fruit</i> <b>Reduce Sugar Cookie</b> Milk Choice	31 <b>Sloppy Joe / Bun</b> <b>Season Spiral Fries</b> 1 Condiment <b>Baby Carrots w/ Lite Ranch</b> Cook's Choice <i>Fresh Fruit</i> Milk Choice	

**Preventing the Flu: Good Health Habits Can Help Stop Germs Get Vaccinated:** The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

**Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**Stay home when you are sick:** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

**Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

**Clean your hands:** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub

**SECOND ENTRÉE OPTIONS:** Peanut Butter & Jelly on Bread or Cheese on Bun (served with menu of the day sides) **Entrée Only \$2.25 as a Meal \$2.90 – Students**

**Al a Carte Items Sold Separately**  
We offer a variety of a la carte SMART snack items in our cafeteria. Chips \$.75  
**Wednesdays & Friday's:** Smart Snack Ice Cream \$1.00

**Condiment Choices:** Ketchup, Mustard, Lite Dressing, Lite Mayo, Hot Sauce, BBQ Sauce, LS Soy Sauce  
\*\*\*All Grain products are Whole Grain Rich. Milk Choices are 1% white and Flavored and Fat Free

**MEAL PRICING:**  
Lunch Full Price-Student \$2.85  
Lunch Full Price-Adult \$3.50  
Reduced Lunch Price \$0.40  
Milk/Juice Only \$0.50  
Adult/Visitor

**MENU SUBJECT TO CHANGE**