





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU SUBJECT TO CHANGE</b>	<b>1</b> 	<b>2</b> NO School Break	<b>3</b> Nacho's ( Crispy Round Tortilla Chips, Reduced Fat Cheese Sauce, Taco Meat ) Salsa Refried Beans Salad Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>4</b> Cheese Pizza Quesadilla Wedge Oven Fries 1 Condiment Salad Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice
	<b>7</b> Cheeseburger/ Bun 2 Condiments Sweet Potato Wedges Veggie Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>8</b> Hot Italian Sub 1 Condiment Baked Beans Veggie Bar/Lite Ranch Baked Doritos Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>9</b> Chicken Strips / Dipping Sauce 1 Pan Roll Mashed Potatoes Veggie Bar/Lite Ranch Chocolate Gripzz Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>10</b> Meaty Baked Lasagna 1 Breadstick Green Beans Salad Bar/Lite Ranch Pudding Cup Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice
<b>14</b> Pork Rib w/ BBQ Bun 1 Condiment Oven Fries Veggie Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>15</b> Breaded Chicken Pattie WGR Bun 1 Condiment Green Beans Veggie Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>16</b> LS Tomato Soup Toasted Cheese Sandwich Veggie Bar/Lite Ranch Baked Doritos Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>17</b> Popcorn Chicken/ Dipping Sauce 1 Pan Roll Baked Beans Salad Bar/Lite Ranch WGR Animal Crackers Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>18</b> Cheese Pizza Crunchers Oven Fries Salad Bar/Lite Ranch Choc Chip Gripzz Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice
<b>21</b> NO SCHOOL Martin Luther King Day	<b>22</b> Bread Porkchop Pattie Mash Potatoes & White Gravy Herb Dressing 1 Pan Roll 1 Condiment Veggie Bar/Lite Ranch Animal Crackers Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>23</b> Nacho's ( Crispy Round Tortilla Chips, Reduced Fat Cheese Sauce, Taco Meat ) Salsa Steam Corn Veggie Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>24</b> Chili Peanut butter Sandwich WGR Crackers Salad Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>25</b> Stuff Crust Pepperoni Cheese Pizza California Blend Salad Bar/Lite Ranch Baked Doritos Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice
<b>28</b> Chicken Nuggets 2 Condiment Packet 1 Pan Roll Broccoli & Cheese Veggie Bar/Lite Ranch Animal Crackers Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>29</b> Salisbury Steak w/ Gravy 2 Pan Roll Mashed Potatoes Veggie Bar/Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>30</b> Philly Cheese Steak Hoagie Bun Sautéed Peppers & Onions Sweet Potato Wedges 1 Condiment Veggie Bar/ Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice Milk Choice	<b>31</b> Sloppy Joe / Bun Baked Beans Baked Doritos Salad Bar/ Lite Ranch Fruit Choice 1: Fresh Fruit Fruit Choice 2: Cook's Choice 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:** Chicken Pattie on Bun, Peanut Butter & Jelly on Bread or Cheese on Bun (served with menu of the day sides) *Entrée Only \$2.25 Meal \$2.90 – Students*

**Grab and Go Meal:** Chipped Turkey & Cheese on Ciabatta Roll, Doritos, Fresh Fruit ( served with veggie/salad bar ) **\$2.90 Students (not sold separately) \$3.50 Adult**

**Veggie/Salad Bar Only:** **\$2.90 Students \$Adult Salad will be weighed for pricing. (protein side & 2 oz. grain will be added when purchased as a meal**

**SNACKS:** We offer a variety of a la carte SMART snack items in our cafeteria.

**Condiment Choices:** Ketchup, Mustard, Lite Dressing, Lite Mayo, Hot Sauce, BBQ Sauce, LS Soy Sauce  
 \*\*\*All Grain products are WR rich.  
 \*\*\* Milk Choices included 1%, skim, flavored and white

MEAL PRICING	
Lunch Full Price-Student	\$2.90
Lunch Full Price-Adult	\$3.50
Adult Salad Bar	Pricing by Weight
Reduced Lunch Price	\$0.40
Milk/Juice Only	\$0.50
Adult/Visitor	\$3.50

Equal Opportunity: This institution is an equal opportunity provider.