



School Information: HAPPY NEW YEAR 2020! Make it a goal to read a new book each month, incorporate more physical activity into your schedule, Spend more time outside, Enjoy



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand. Be sure to include 3, 4 or all components daily. Menu subject to change w/o notice.
Reference: Eat Right

Monday



Tuesday

You must choose at least one fruit or one vegetable.



Wednesday

Thursday

Friday

HAPPY NEW YEAR 2020 **1**
WINTER RECESS

SALISBURY STEAK, GRAVY **2**
WHIPPED POTATOES
WG ROLL, CARROTS
CHOICE OF FRUIT

ALT: HAMBURGER WG ROLL

CH BREADSTICKS SAUCE **3**
ROMAINE & TOMATO
STEAMED GREEN BEANS
CHOICE OF FRUIT

ALT: HAMBURGER WG ROLL

PIEROGIES w/ ONIONS **8**
STRING CHEESE
CARROTS SOFT PRETZEL
CHOICE OF FRUIT
ALT: TURKEY BURGER ROLL

SLICED TURKEY HAM **9**
WG ROLL, SCALLOPED
POTATOS BAKED BEANS
CHOICE OF FRUIT
ALT: TURKEY BURGER ROLL

MACARONI & CHEESE **10**
BREADED CHICKEN
STEWED TOMATOES
CHOICE OF FRUIT
ALT: TURKEY BURGER ROLL

6
POPCORN CHICKEN
MASHED POTATOES, CORN
CHOICE OF FRUIT
ALT: TURKEY BURGER ROLL

7
CHEESE STEAK WG ROLL
BUTTERED NOODLES
STEAMED BROCCOLI
CHOICE OF FRUIT
ALT: TURKEY BURGER ROLL

13
CHICKEN STICKS BBQ SAUCE
BR. RICE, GREEN BEANS
CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

14
BEEF TACO & CHIPS, CHEESE
LETTUCE, BEAN SALAD
CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

15
BAKED CHEESE PIZZA
SALAD, CHIX PEAS, TOMATOES
BROCCOLI, CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

16
TURKEY IN GRAVY
BAKED STUFFING, WG ROLL
CORN, CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

17
CHEESE RAVIOLI
SHREDD. CHEESE, WG ROLL
CARROTS, CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

20
TEACHERS IN-SERVICE
NO SCHOOL

21
GRILLED HAM & CHEESE
SUN CHIPS, STEAMED PEAS
CHOICE OF FRUIT
ALT: HOTDOG ON ROLL

22
FRENCH TOAST STICKS
HOMEFRIES, SAUSAGE
CARROTS, CHOICE OF FRUIT
ALT: HOTDOG ON ROLL

23
BBQ ON WG ROLL
GREEN BEANS, BABY CAKE
POTATOES, CHOICE OF FRUIT
ALT: HOTDOG ON ROLL

24
CH. BREADSTICKS, SAUCE
ROMAINE & TOMATO SALAD
PEAS, CHOICE OF FRUIT
ALT: HOTDOG ON ROLL

27
CHICKEN FINGER WRAP
LETTUCE & TOMATO, CORN
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

28
PIZZA BURGER WG ROLL
BAKED FRIES, BAKED BEANS
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

29
TACO CHICKEN & CHIPS
SHREDD CHEESE, LETTUCE
BROCCOLI, CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

30
ROTINI w/ MEAT SAUCE
SHREDD CHEESE, WG ROLL
CARROTS, CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

31
BAKED PIZZA BAGEL
SALAD w/ TOMATOES, PEAS
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH