



Monday

~~Winter Break~~

1



8
Fish Sticks w/ Hushpuppies(3)
Glazed Carrots
White Beans
Pears w/ a Pop
Fruit Juice Variety
Cold Milk Variety



15

22
Chicken Fajita w/
Roasted Peppers & Onions
Cuban Black Bean Salad w/ Tortilla
Chips
Perfect Pinto Beans –Tomato Salsa
Fresh Fruit Choice
Fruit Cocktail
Cold Milk Variety

29
Meatball Sub
Seasoned Potato Wedges
Carrots & Red Peppers
w/ Baja Ranch Salsa
Fruit Cocktail
Frozen Fruit Sidekick®
Cold Milk Variety

Tuesday

2
**Student meals
are served
at no cost.
Adult Lunch:
\$ 3.50**

9
Chicken Philly
Broccoli Parmesan
Cinnamon Sweet Potatoes
Mandarin Oranges
Frozen Fruit Sidekick®
Cold Milk Variety

16
Chicken Alfredo w/ a Twist
WG Roll
Popeye's Baked Spinach
Glazed Carrots
Applesauce
Frozen Fruit Sidekick®
Cold Milk Variety

23
Italian Spaghetti - Crackers
Seasoned Green Beans
Sweet, Sweet Potatoes
Strawberry Cup
100 % Fruit Juice Variety
Cold Milk Variety

30
Chicken Tetrzinni w/ WG Roll
Seasoned Green Beans
Buttery Corn
Sunset Sip Juice
Pineapple Chunks
Fresh Fruit Choice
Cold Milk Variety

Wednesday

~~Winter Break~~

3



10
Cheeseburger
Lettuce / Tomato / Pickle
Fries – Green Beans
Strawberry Cup
Fruit Juice Variety
Cold Milk Variety
Cookie Treat

17
Chili w/ Crackers
Seasoned Green Beans
Crispy Tater Tots
Pineapple Chunks
100 % Fruit Juice Variety
Cold Milk Variety
Cookie Treat

24
Ham & Cheese Hoagie
Lettuce / Tomato / Pickle
Crispy Tater Tots
Butter Beans
Fresh Fruit Choice
Frozen Fruit Sidekick®
Cold Milk Variety

31
Cheeseburger w/ Fries
Lettuce/Tomato/ Pickle
Southern Baked Beans
Strawberry Cup
Fresh Fruit Choice
Cold Milk Variety
Cookie Treat

Thursday

4
**Every Lunch
includes
a choice of Non-
Fat Flavored
Milk or 1% White
Milk**

11
BBQ Chicken Sandwich
Potato Wedges
Breaded Okra
Fruit Cocktail
Fruit Juice Variety
Cold Milk Variety

18
Pizza Slice
Seasoned Fries
Celery Sticks w/ Dip
Sunset Sip
Pears w/ a Pop
Assorted Fresh Fruit
Cold Milk Variety

25
Taco Salad or
Mexican Fiestada
Perfect Pinto Beans
Cheesy Broccoli
Applesauce
Fresh Fruit Choice
Cold Milk Variety

Friday

~~Winter Break~~

5



12
Vegetable Beef Soup w/
Grilled Cheese
Buttery Corn
Carrotennies w/ Ranch
Fresh Fruit Choice
Frozen Fruit Sidekick®
Cold Milk Variety

19
Country Steak &
Gravy w/ WG Roll
Mashed Potatoes
Green Peas
Chilled Mixed Fruit
Frozen Fruit Sidekick®
Cold Milk Variety

26
Sweet & Sour Chicken
w/ Teri-Veggie Lo Mein
Eggroll
Glazed Carrots
Chinese Style Veggies
Mandarin Oranges
Dragon Punch
Cold Milk Variety
Fortune Cookie w/ Meal

Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetable, and milk. A minimum of three different components must be taken to receive meal benefits. One must be a full component and one must be a fruit or vegetable to receive lunch at no cost. Whole Grain Rich items are offered daily. Meals are subject to change based on availability.

This institution is an equal opportunity provider.

