



Monday

Tuesday

Wednesday

Thursday

Friday

Student meals are served at no cost.

Adult Lunch: \$ 4.00



PROFESSIONAL DEVELOPMENT

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6
Deli Sub
Dill Pickle Spears
Salsa ½ c w/ Chips
Chilled Fruit Variety
100 % Fruit Juice

7
Pimento & Cheese Sandwich
Mixed Garden Veggies w/
Ranch Dip
Fresh Fruit Choice
100 % Fruit Juice

8
Sunbutter & Jelly Sandwich
Veggies w/ Dip
Fresh Fruit Choice
Frozen Fruit Sidekick®
Veggie Juice

11
Ham & Cheese Sandwich
Dill Pickle Spears
Baked Beans
Fruit Variety
100% Fruit Juice

12
Chicken Ranch Wrap
Carroteenies w/ Ranch
Potato Salad
Chilled Fruit Variety
Frozen Fruit Sidekick®

13
Deli Sub
Dill Pickle Spears
Salsa ½ c w/ Chips
Chilled Fruit Variety
100 % Fruit Juice

14
Pimento & Cheese Sandwich
Mixed Garden Veggies w/
Ranch Dip
Fresh Fruit Choice
100 % Fruit Juice

15
Sunbutter & Jelly Sandwich
Veggies w/ Dip
Fresh Fruit Choice
Frozen Fruit Sidekick®
Veggie Juice

18
MLK DAY
I HAVE A DREAM

19
Turkey & Cheese Hoagie
Broccoli w/ Ranch
Chilled Mixed Fruit
Frozen Fruit Sidekick®
Veggie Juice

20
“Ham”Burger
Dill Pickle Spears
Baked Beans
Chilled Fruit Variety
100 % Fruit Juice

21
Chicken Salad w/ Crackers
Carroteenies ½ c
Celery Sticks ½ c w/ Ranch
Fresh Fruit Choice
100 % Fruit Juice

22
Yogurt Cup
Cheese Stick
Graham Crackers
Celery Sticks ½ c w/ Ranch
Fresh Fruit Choice
Frozen Fruit Sidekick®

25
Honey Mustard Deli Wrap
Salsa ½ c w/ Chips
Potato Salad
Fruit Variety
100% Fruit Juice

26
Turkey & Cheese Hoagie
Broccoli w/ Ranch
Chilled Mixed Fruit
Frozen Fruit Sidekick®
Veggie Juice

27
“Ham”Burger
Dill Pickle Spears
Baked Beans
Chilled Fruit Variety
100 % Fruit Juice

28
Chicken Salad w/ Crackers
Carroteenies ½ c
Celery Sticks ½ c w/ Ranch
Fresh Fruit Choice
100 % Fruit Juice

29
Yogurt Cup
Cheese Stick
Graham Crackers
Celery Sticks ½ c w/ Ranch
Fresh Fruit Choice
Frozen Fruit Sidekick®

Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables, and milk. A minimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination of both must be taken to get lunch at no cost. Meals without a fruit or vegetable will be charged a la carte pricing. A choice of white and flavored 1% milk is offered daily. Meals are subject to change based on availability.

This institution is an equal opportunity provider.