



Bringing our community together through diverse, nutritious, and delicious food choices.



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey & Cheese on Wheat Roll 2
Spinach
Pears
Milk

Nachos w/Ground Beef 3
Beans
Corn
Peaches
Milk

Hot Turkey on Wheat Bread 4
Sweet Potatoes
Applesauce
Milk

Cheeseburger on Wheat Roll 5
Peas
Pineapples
Milk

Wheat Cheese Pizza 6
Green Beans
Oranges
Milk

Double Dog Day 9
Wheat Roll
Baked Beans
Apple
Milk

Soft Beef Tacos w/ Lettuce, Tomato, Cheese 10
Carrots
Mixed Fruits
Milk

Chicken Tenders w/ Wheat Roll 11
Corn
Pineapples
Milk

Spaghetti w/Meat Sauce 12
Broccoli
Oranges
Milk

Four Cheese Pizza 13
Green Beans
Mixed Fruits
Milk

Roast Beef Po' Boy 16
Carrots
Pineapples
Milk

Beef & Bean Burrito 17
Spinach
Peaches
Milk

Turkey & Cheese Sub on Wheat Roll 18
Potato Salad
Mixed Fruit
Milk

Italian Meatball on Wheat Roll 19
Lima Beans
Apple Slices
Milk

Wheat Cheese Pizza 20
Green Beans
Pears
Milk

23

24

25

26

27

SCHOOL CLOSED FOR WINTER BREAK

30

31

