

**JANUARY 2025**

**01/1-1/3**

**Monday Tuesday Wednesday Thursday Friday**



All meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray!

**The Main Menu**

**Pasta of the Day & Pizza Oven Salad**

**Green Wave Grill**

**The Sandwich Board**

**Garden Greens & More**



Milk Choices  
Unflavored **13g CHO**,  
Strawberry **19g CHO**,  
Chocolate **19g CHO**

*Happy New Year*  
No School

**2025**  
No School

  
No School

French Toast Sticks **38g**  
Syrup **18g**  
Sausage Patties **2g**  
Oven Potato Puffs **16g**

Bosco Sticks **30g**  
Marinara Sauce **6g**  
or  
Pizzeria Style Pizza **29g**

Hot Dog **2g**  
Whole Grain Roll **25g**  
  
Oven Baked Fries **22g**

Chili **11g**  
Frito Topping **4g**  
Garlic Knot **27g**  
Buffalo Cauliflower **3g**

Pasta (Penne) **41g**  
1/2C of Marinara Sauce **12g**  
or  
Pizza **26-33g**

Cheeseburger Panini **33g**  
  
Sweet Potato Fries **15g**

**BOARS HEAD**  
Turkey, Ham, Buffalo Chicken, Italian Combo **2g**  
Cheese: American, Provolone, Swiss, Pepperjack **1g**  
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives  
2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**

 Large or Small Chef Salad **32g**  
Yogurt Fruit & Granola Parfait **74g**  
Hummus w/Vegetables & Pita Bread **50g**  
Chicken Caesar Wrap **36g**  
Harvest Salad **68g**





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## The Main Menu

## Pasta of the Day & Pizza Oven Salad

## Green Wave Grill

## The Sandwich Board

## Garden Greens & More

### Monday

Baked Chicken Nuggets **16g**  
1 Whole Grain Roll **15g**  
1/2 C Quinoa **20g**  
Diced Carrots **6g**

Macaroni + Cheese **31g**  
Whole Grain Dinner Roll **15g**  
or  
Stuffed Crust Pizza **35g**

Rodeo Burger **33g**  
Oven Potato Wedges **18g**

### Tuesday

Taco Bowl **34g**  
Taco Bowl **34g**  
Seasoned Beef **4g**  
Cheese **1g**  
Sour Cream **1g**  
Salsa **2g**

Pasta w/Meatballs **59g**  
or  
Pizzeria Style Pizza **29g**

Grilled Cheese **27g**  
Chick Noodle Soup **5g**  
or  
Tomato Soup **10g**

### Wednesday

Cheese Quesadilla **39g**  
Salsa **2g**  
Sour Cream **1g**  
Refried Beans **16g**

Chicken Parm **18g**  
w/Side of Pasta & Sauce **26g**  
or  
Garlic French Bread Pizza **29g**

Spicy Chicken Patty **15g**  
Whole Grain Bun **27g**  
w/Lettuce +Tomato

### Thursday

Mashed Potato Bowl **20g**  
Popcorn Chicken **20g**  
1/2C of Mashed Potatoes **17g**  
Whole Grain Dinner Roll **15g**

Bosco Sticks **30g**  
Marinara Sauce **6g**  
or  
Buffalo Chicken Pizza **26g**

Grilled Chicken Club **26g**  
Lettuce/tomato cheese **1g**  
Chipotle **7g** or Ranch Dressing **2g**  
Oven Fries **22g**

### Friday

Baked Potato **30g**  
Cheese Sauce **2g**  
Broccoli **6g**  
Warm Garlic Knot **27g**

Pasta (Penne) **41g**  
1/2C of Marinara Sauce **12g**  
or  
Pizza **26-33g**

Rice Bowl **42g**

### BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g**

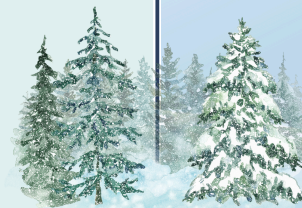
Cheese: American, Provolone, Swiss, Pepperjack **1g**

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

2 slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**



Large or Small Chef Salad **31g**  
Yogurt Fruit & Granola Parfait **74g**  
Hummus w/Vegetables and Pita Bread **50g**  
Turkey BLT Wrap **36g**  
Chicken Caesar Salad **38g**



All meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray!



**The Main Menu**

**Pasta of the Day & Pizza Oven Salad**

**Green Wave Grill**

**The Sandwich Board**

**Garden Greens & More**

**Monday**

Baked Chicken Tenders **13g**  
Whole Grain Corn Muffin **25g**

Local Roasted Cabbage **4g**

Macaroni + Cheese **31g**  
Whole Grain Dinner Roll **15g**  
or  
Personal Pizza **29g**

Hamburger **0g**  
Cheeseburger **1g**  
Whole Grain Bun **27g**  
Oven Baked Fries **22g**

**Tuesday**

**Exams**

**Deli, Pizza & Grill Station**

**Wednesday**

**Exams**

**Deli, Pizza & Grill Station**

**Thursday**

**Exams**

**Deli, Pizza & Grill Station**

**Friday**

**Exams**

**Deli, Pizza & Grill Station**

**BOARS HEAD**

Turkey, Ham, Buffalo Chicken, Italian Combo **2g**

Cheese: American, Provolone, Swiss, Pepperjack **1g**

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**



Large or Small Chef Salad **31g**

Yogurt Fruit & Granola Parfait **74g**

Hummus Plate w/Vegetables and Pita Bread **50g**

Kickin Chicken Wrap **46g**

Cobb Salad **34g**



JANUARY 2025

1/20-1/24



All meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray!

## The Main Menu

Monday



No School

Tuesday

Walking Taco 34g

Wednesday

Baked Mozzarella Sticks 33g  
w/Marinara Sauce 6g  
Caesar Salad 8g

Thursday

Sizzler 31g

Friday

Roasted Turkey 0g  
w/Gravy 4g  
Mashed Potatoes 17g  
Butternut Squash 21g  
Buttermilk Biscuit 16g

## Pasta of the Day & Pizza Oven



No School

Mini Cheese Ravioli w/Sauce 21g  
Garlic Breadstick 15g

Buffalo Chicken Pizza 26g

Pasta w/Alfredo Sauce 46g  
Or

Stuffed Crust Pizza 35g

Bosco Sticks 30g  
Marinara Sauce 6g  
or

Pizzeria Style Pizza 29g

Pasta (Penne) 41g  
1/2C of Marinara Sauce 12g  
or  
Pizza 26-35g

## Green Wave Grill



No School

Waffle Breakfast Egg & Cheese 1g  
Sandwich on Waffles 24g  
Baked Potato Puffs 16g

Spicy Chicken Patty 15g  
Whole Grain Bun 27g  
w/Lettuce +Tomato

Grilled BBQ Chicken 18g  
Buttermilk Biscuit 30g

Coleslaw 7g

Hamburger 0g  
Cheeseburger 1g  
Whole Grain Bun 27g  
Sweet Potato Fries 15g

## The Sandwich Board

### BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo 2g  
Cheese: American, Provolone, Swiss, Pepperjack 1g

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

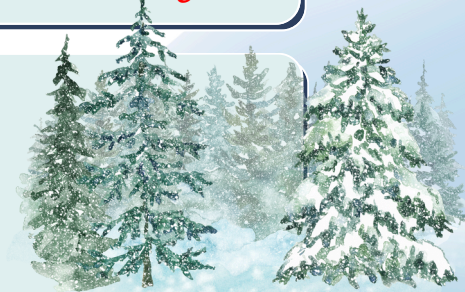
2 Slices of WW Bread 25g, Ciabatta Roll 30g, Wrap 34g, Flat Bread 28g, Kaiser Roll 33g



## Garden Greens & More



Large or Small Chef Salad 31g  
Yogurt Fruit & Granola Parfait 74g  
Hummus w/Vegetables & Pita Bread 50g  
Turkey Cranberry Wrap 52g  
Chicken Caesar 38g





## The Main Menu

Monday

Chicken Dippin Sandwich **43g**  
Dipping Sauce **6g**  
Roasted Zucchini Squash **4g**



Tuesday

Cheesy Mac Bites **45g**  
Diced Carrots **6g**

Wednesday

Chinese New Year General Tso's Chicken **19g**  
Brown Rice **35g**  
Broccoli Florets **6g**  
Fortune Cookie **4g**

Thursday

Mini Confetti Pancakes **36g**  
Syrup **18g**  
Sausage Patties **2g**  
Baked Potato Puffs **16g**

Friday

Burrito Bowl **42g**

## Pasta of the Day & Pizza Oven

Macaroni + Cheese **31g**  
Whole Grain Dinner Roll **15g**  
or  
4x6 Pizza **30g**

Pasta w/Meatballs and Sauce **59g**  
or  
Pizzeria Style Pizza **29g**

Italian Combo Platter **48g**  
or  
Stuffed Crust Pizza **35g**

Bosco Sticks **30g**  
Marinara Sauce **6g**  
or  
Pizzeria Style **29g**

Pasta (Penne) **41g**  
1/2C of Marinara Sauce **12g**  
or  
Pizza **26-33g**

## Green Wave Grill

Warm Asian Wrap **58g**

Ham & Cheese Panini **29g**

Spicy Chicken Patty **15g**  
Whole Grain Bun **27g**

Hamburger **0g**  
Cheeseburger **1g**  
Whole Grain Bun **27g**  
Oven Baked Waffle Fries **23g**

Chicken Parmesan Panini **43g**

## The Sandwich Board



### BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g**

Cheese: American, Provolone, Swiss, Pepperjack **1g**

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**

## Garden Greens & More

Large or Small Chef Salad **31g**

Yogurt Fruit & Granola Parfait **74g**

Hummus w/Vegetables & Pita Bread **50g**

Chicken Caesar Wrap **38g**

Asian Salad **50g**

## CARBOHYDRATE COUNTING GUIDE CONTINUES



Bananas **15g**, Apples & Pears **15-25g**, 1/2C of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2C of Melo **6g**, 4 Oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apples Slices **8g**, 1/2 C of Black Beans, Garbanzo Beans **20g**, 1/2 C of Corn, Peas **15g**, 1/2C of Red Peppers, carrots, Celery, Cucumbers **2.5g**

Milk Choices: Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

These are carbohydrate estimates. When there is a carb range, it has to do with size of fruit or pizza/pasta type used that day.  
The salads served have at least **30 grams of carbs** because they have a 2 ounce serving of a grain with it.