



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider. Menus are subject to change



### Monday



**7**  
Burrito w/ cheese Sauce  
PBJ: Yogurt / Goldfish

Lettuce / Tomato  
Corn / Salsa  
Fruit Cocktail (GOLD)

**14**  
Chicken Wrap  
PBJ: Cheese Stick/ Goldfish

Carrots & Cucumbers  
Baked Beans  
Pineapple (BLUE)



**28**  
Crispitos w/ Cheese Sauce  
PBJ: Yogurt/ Goldfish

Lettuce / Tomato  
Corn / Chips & Salsa  
Pineapple (BLUE)  
**1<sup>st</sup> Grade Guest**

### Tuesday



**8**  
Spaghetti & Garlic Bread  
PBJ: Cheese Stick /Goldfish.

Cesar Salad / Broccoli  
Chilled Peaches (BLUE)

**15**  
Mac & Cheese & Smokey's & Garlic Bread  
PBJ: Yogurt/ Goldfish

Caesar Salad / Broccoli  
Chilled Pears (GOLD)

**22**  
Chili with Crackers  
PBJ-Yogurt-Goldfish

Celery & Carrots  
Chilled Peaches  
Cinnamon Roll (BLUE)

**29**  
Grilled Cheese  
PBJ: Cheese Stick / Goldfish.

Tomato Soup  
Cesar Salad  
Chilled Pears  
Yogurt (GOLD)

### Wednesday



**9**  
Pig In A Blanket  
PBJ : Yogurt / Goldfish

Baked Beans  
Fries  
Tropical Fruit (GOLD)

**16**  
Late Start  
Corn Dog  
PBJ-Cheese St- Goldfish

Carrots  
Chips  
Fresh Fruit

**23**  
Pulled Pork Sandwich  
PBJ: Cheese Stick / Goldfish.

Baked Beans  
Fries  
Tropical Fruit (GOLD)  
**1<sup>st</sup> Grade Guest**

**30**  
Hot Ham and Cheese  
PBJ: Yogurt / Goldfish

Baked Beans  
Fries  
Tropical Fruit (BLUE)

### Thursday

**3**  
Chicken Nuggets / Roll  
PBJ: Yogurt -Goldfish

Mashed Potato & (W) Gravy  
Peas  
Fresh Fruit (GOLD)

**10**  
Chicken Nuggets/ Roll  
PBJ: Cheese stick -Goldfish

Mashed Potato & (B) Gravy  
Green Beans  
Fresh Fruit (BLUE)

**17**  
Chicken Nuggets/ Roll  
PBJ: Yogurt -Goldfish

Mashed Potato & (W) Gravy  
Peas  
Fresh Fruit (BLUE)

**24**  
Steak Fingers/ Roll  
PBJ: Yogurt -Goldfish

Mashed Potato & (B) Gravy  
Green Beans  
Fresh Fruit (BLUE)

**31**  
Chicken Nuggets / Roll  
PBJ: Cheese Stick -Goldfish

Mashed Potato & (W) Gravy  
Peas  
Fresh Fruit (GOLD)

### Friday

**4**  
Pizza  
PBJ: Cheese St / Goldfish

Salad with Broccoli  
Fresh Oranges  
Rice Krispy Treat (BLUE)

**11**  
French Toast & Sausage  
PBJ: Yogurt -Goldfish

Tri-Tater  
Variety Juice  
Muffin (GOLD)

**18**  
Cheese Max Stick/ Marinara  
PBJ: Cheese Stick / Goldfish

Salad with Cucumbers  
Fresh Oranges  
January Birthday Cake (GOLD)

**25**  
Homemade Pizza  
PBJ: Cheese St / Goldfish

Salad with Broccoli  
Fresh Oranges  
Cookie (GOLD)

