

Lunch Price: 9-12 only \$2.25

Breakfast Price: 9-12 only \$1.50

Save the hassle of remembering to give your child lunch money each day-prepay online or at school! **Set up an online account at: myschoolbucks.com**

*Menu items are subject to change without notice.
This institution is an equal opportunity provider and employer.*

Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat flavored milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components. Fresh vegetables are available every day as a vegetable choice. Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable

Help Wanted: *Nutrition Services is accepting applications for part time workers and substitutes.*

Great hours for parents! *Contact Nutrition Service Office for more info: 860-253-6509*

Monday

Tuesday

Wednesday

Thursday

Friday

Golden Baked Chicken Pattie! Jan. 28
Chicken Pattie /Cheese
Whole Wheat Bun
Oven Baked French Fries
Corn off the Cob
Choice of Fruit

This Lunch is Twisted! Jan. 29
It's back due to student request!
Big Soft Twisted Pretzel
Stringy Mozzarella Sticks
Oven Baked Potato Puffs
Crunchy Carrots/Hummus
Choice of Fruit

Pasta Day Your Way! Jan. 30
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Thanksgiving in January! Jan. 31
Turkey and Gravy
Mashed Potatoes
Sweet Peas
Whole Wheat Dinner Roll
Choice of Fruit

My Fav- Mac and Cheese! 1
Macaroni and Cheese
Sweet Potato Fries
Steamy Broccoli Spears
Whole Wheat Dinner Roll
Choice of Fruit

Oven Crispy Nuggets! 4
Breaded Chicken Nuggets
Oven Baked French Fries
Whole Wheat Dinner Roll
Corn off the Cob
Choice of Fruit

These Dogs are Corny! 5
Corn Dog (Turkey) Nuggets
Oven Baked Potato Puffs
Cooked Carrots
Whole Wheat Roll
Choice of Fruit

Pasta Day Your Way! 6
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Mexican Taco Salad! 7
Taco Chips & Taco Meat
Cheddar Cheese Lettuce Cup
Spicy Salsa Spanish Brown Rice
Refried Beans
100% Juice Sherbet or Fruit Cup

Crisp from the Oven! 8
Breaded Mozzarella Sticks
Marinara Sauce
Oven Baked French Fries
Steamy Broccoli Spears
Whole Wheat Dinner Roll / Fruit

Chicken Teriyaki Nuggets! 11
Teriyaki Chicken Nuggets
Oriental Rice
Corn off the Cob, Baby Carrots
Whole Wheat Dinner Roll
Fortune Cookie Choice of Fruit

Bacon Cheeseburger Day! 12
Beef Hamburger/Bacon/Cheese
Whole Wheat Bun Choice of: onions,
Peppers, Jalapenos, Mushrooms
Choice of Potato
Honey Baked Beans
Choice of Fruit

Pasta Day Your Way! 13
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

It's Breakfast for Lunch! 14
MINI Maple Waffles
Breakfast Sausage Link
Oven Baked Potato Puffs
Cooked Carrots
Choice of Fruit

NO SCHOOL 15
****Please monitor your child's meal account to make sure there are enough funds to purchase a meal. Set up an account & view for free @ myschoolbucks.com**

NO SCHOOL 18



NO SCHOOL 19

****Reminder:
Grab and Go Breakfast is offered before the school day starts at all schools every school day!**

Pasta Day Your Way! 20
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

Meatball Sub Day! 21
Meatballs and Sauce
Grinder Roll, Grated Mozzarella Cheese
Oven Baked French Fries
Mixed Vegetables
Choice of Fruit

Baked Potato Bar! 22
Choice of Red & Green Peppers
Onions, Cheese, Beef Taco Meat
Broccoli, Salsa
Whole Wheat Dinner Roll
Choice of Fruit

Golden Baked Chicken Pattie 25
Chicken Pattie /Cheese
Whole Wheat Bun
Corn off the Cob
Oven Baked French Fries
Choice of Fruit

Loaded Chili & Cheese Dog! 26
Hot Dog (Turkey) in a Bun
Chili, Cheddar Cheese
Honey Baked Beans
Choice of Potato
Choice of Fruit

Pasta Day Your Way! 27
Pasta Meat Sauce
Tossed Salad with Italian Dressing
Grated Cheese Green Beans
Whole Wheat Dinner Roll
Choice of Fruit

It's a Wrap-Mexican Style 28
Seasoned Chicken Fajita Strips
Shredded Cheddar Cheese, Lettuce Cup
Spicy Salsa Spanish Brown Rice
Refried Beans 100% Juice Sherbet or Fruit Cup

March 1:
Grilled Cheese Sandwich

