

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 No School	4 No School
7 Rigatoni Pasta with marinara sauce and meatballs, with a bread roll	8 Crunchy beef tacos with a side of pinto beans and Spanish rice	9 BBQ chicken with mac and cheese and steam vegetables	10 Steak quesadilla with beans and steam vegetables	11 Pepperoni pizza with tater tots and fresh fruit
14 Three cheese pasta with Italian sausage and a side salad	15 Large Chicken burrito with cheese, rice, beans and potatoes	16 Baked chicken with mashed potatoes and corn on the cob	17 Bake potato with mac and cheese and a side of steam vegetables	18 Pepperoni pizza with tater tots and fresh fruit
21 No School MLK Holiday	22 Steak tacos with corn tortillas and Spanish rice with pinto beans	23 Grilled cheese sandwich with potato chips and vegetable sticks	24 Orange chicken rice bowls with steam vegetables	25 Pepperoni pizza with tater tots and fresh fruit
28 Spaghetti with meat marinara sauce and a bread roll	29 Loaded nachos with nacho cheese, cheddar cheese, sour cream, beans, and olives	30 Roasted chicken with rice pilaf and a side salad	31 Slow cooked shredded BBQ pork with bake beans and steam vegetables	

All meals will come with a side of fruit and a choice of drink (Chocolate milk, juice or water).

A full salad bar will be available every day for all students who prefer a lighter meal.