









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey and Cheese on Hoagie Roll Lettuce/Tomatoes/Onions Orzo Salad Fruit	2 Hamburger w/choice of Cheese on WW Bun Lettuce/Tomato/Pickle Potato Casserole Cucumber Salad Fruit 	3 Baked Ziti/Meatballs Whole Wheat Breadstick Caesar Salad/LF Dressing Sliced Apples/FF Caramel Dip Oatmeal Bar	4 Chicken Patty on Wheat Bun Lettuce/Tomato/Pickle Broccoli Salad Healthy Brownie	5 Pizza Party Garden Salad/LF Dressing Fruit Graham
8 Roast Turkey/Gravy Mashed Potatoes Cranberry Sauce Corn Mini Soft Pretzel 	9 EARLY DISMISSAL Ham & Cheese Hoagie Veggie Tray Fruit	10 EARLY DISMISSAL Sliders (2 mini cheeseburgers) 1/2 oz. Chips Carrots 100% Juice Fruit	11 Lasagna Tossed Salad/LF Dressing Whole Wheat Breadstick Fruit Crisp	12 Pizza Party Celery Sticks w/FF Dip Fruit Oatmeal Cookie "COUNT THE HEARTS" 
15 NO SCHOOL 	16 "CHINESE NEW YEAR" Chicken Teriyaki w/Steamed Vegetables and Noodles Orange Smiles Fortune Cookies 	17 Grilled Cheese Sandwich Tomato Soup/Crackers Veggie Tray/FF Dip Fruit Graham Crackers 	18 Hamburger w/Cheese on WW Bun Lettuce/Tomato/Pickle Pasta Salad Fruit Jell-O	19 Pizza Party Caesar Salad Fruit Goldfish
22 Meatball Sandwich Ranch Potatoes Applesauce Oatmeal Cookie	23 Macaroni & Cheese Hot Dog on Bun Stewed Tomatoes Carrot Sticks/FF Dip Grapes 	24 Taco Salad in Edi-bowl Cheese/Salsa Shredded Lettuce/Tomato Mexican Rice Black Bean Salad Fruit	25 <p style="text-align: center;">NO SCHOOL</p>	26 Pizza Party Tossed Salad/LF Dressing Fruit Snack Mix 

Pomegranates: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber and Folate, and a very good source of Vitamin C and Vitamin K.

