



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	No School Winter Break ¹	No School Winter Break ²	No School Winter Break ³	No School Winter Break ⁴
Cheese Nachos ⁷ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Corn Dog ⁸ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	BBQ Chicken ⁹ Served w. Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	All Beef Hot Dog ¹⁰ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Baked Chicken Nuggets ¹¹ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Cheese Pizza ¹⁴ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Chicken Tenders ¹⁵ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	All Beef Hot Dog ¹⁶ French Fries! Just Picked Fresh Fruit Ice Cold Milk Pint	Spaghetti w. Meatballs ¹⁷ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	MmmBurger w. Cheese ¹⁸ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
No School ²¹ Martin Luther King Day	Baked Chicken Nuggets ²² Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 Star Mac & Cheese ²³ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Soft Shell Taco ²⁴ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Cheese Nachos ²⁵ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
Pasta w. Marinara ²⁸ Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Cheese Pizza ²⁹ Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Baked Chicken ³⁰ Served w. Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	All Beef Hot Dog ³¹ French Fries! Just Picked Fresh Fruit Ice Cold Milk Pint	Students must choose a FRUIT and/ or a VEG + 2 additional components to make a complete meal

Did You Know:

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.



They are also a great source of vitamin C, potassium, folate and vitamin K!

