



Monday	Tuesday	Wednesday	Thursday	Friday
<b>AVAILABLE DAILY:</b> YOGURT MEAL WITH YOGURT, BAGEL AND SUNFLOWER SEEDS <b>SANDWICH</b> FRUIT & VEGGIE BAR VARIETY OF MILK ALL ITEMS ARE WHOLE GRAIN ITEMS				
7 BBQ RIB HOAGIE ~~~~~ WG BURRITO ~~~~~ LAYER DIP AND CHIPS	8 SPAGHETTI ~~~~~ WG BREADED CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEAN	9 WHOLE GRAIN PIZZA ~~~~ CHEESY BREAD STICK WITH MARINARA SAUCE ~~~~ CAESAR SALAD	<b>10 BREAKFAST FOR LUNCH</b> BREAKFAST EGG, SAUSAGE & CHEESE BURRITO ~~~~~ EGG, SAUSAGE & CHEESE BAGEL SANDWICH ~~~~ HASHBROWNS ~~~~ PEACH CRISP	<b>HAPPY FRIDAY 8 WAYS TO BEAT THE WINTER BLUE:</b> <ol style="list-style-type: none"> <li>1. MAKE YOUR ENVIRONMENT BRIGHTER</li> <li>2. EAT SMARTER</li> <li>3. SIMULATE DAWN WITH ARTIFICIAL LIGHT</li> <li>4. EXERCISE</li> <li>5. TURN ON THE TUNES</li> <li>6. PLAN A FUN DAY</li> <li>7. HELP OTHERS</li> <li>8. GET OUTSIDE</li> </ol> REMEMBER THE DAYS ARE NOW GETTING LONGER ENJOY THOSE DAYLIGHT HOURS EACH DAY
14 INDIVIDUAL TACO PIZZA ~~~~~ WALKING CHICKEN TACO WITH WG DORITOS ~~~~~ SLICED TOMATOES	15 TURKEY GRAVY/MASHED POTATOES ~~~~~ WG CHICKEN NUGGETS ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEAN	16 WHOLE GRAIN PIZZA ~~~~ CHEESE QUESADILLA ~~~~ CAESAR SALAD	17 MANDARIN CHICKEN OVER WHOLE GRAIN RICE CHICKEN BACON RANCH FLATBREAD PIZZA ~~~~ FRUIT SALAD	
21 <b>MLK DAY</b> 	22 MACARONI AND CHEESE WITH BACON BITS ~~~~ WG BREADED CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEAN	23 WHOLE GRAIN PIZZA ~~~~ CHEESY BREAD STICK WITH MARINARA SAUCE ~~~~ CAESAR SALAD	24 <b>NO SCHOOL</b> WALKING CHICKEN TACO WITH WG DORITOS ~~~~ CHEESEBURGER ~~~~~ JELLO SALAD	
28 SOFT TACO ~~~~~ TOASTED CHEESE SANDWICH ~~~~~ TOMATO SOUP	29 HOMEMADE CHILI ~~~~~ WG CHICKEN NUGGETS ~~~~~ MADE WITH TLC WG CINNAMON ROLL	30 WHOLE GRAIN PIZZA ~~~~ CHICKEN & CHEESE QUESADILLA ~~~~ CAESAR SALAD	31 <b>JANUARY LUCKY LUNCH PARTICIPANT WINNER ANNOUNCED</b> TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~ WG CORN DOG ~~~~ CORN	<b>25 NO SCHOOL GRADING DAY</b> ***** <b>HOT ITEM ROTATION</b> <b>MONDAY: CHEESEBURGER</b>  <b>TUESDAY: STUFFED BAKED POTATO WITH choice of WG ITEM</b>  <b>WEDNESDAY: CHICKEN SANDWICH</b>  <b>THURSDAY: BBQ RIB HOAGIE</b>