

**Vegan Meal
Always Available**

MON	TUE	1 WED	2 THU	3 FRI
		Whole Wheat French Toast Strawberries	Oatmeal Orange Juice	Blueberry Whole Wheat Pancakes Apple
		<input type="checkbox"/> Birthday Pizza Day	<input type="checkbox"/> Chicken Salad Sandwich Sweet Potato Chips or <input type="checkbox"/> Salad	<input type="checkbox"/> Catfish Fingers Veggie Medley or <input type="checkbox"/> Salad
6 MON	7 TUE	8 WED	9 THU	10 FRI
Whole Wheat Pancakes Strawberries	Scrambled Eggs Wheat Toast Grapes	Whole Wheat French Toast Bananas	Oatmeal Apple	Breakfast Burrito Pineapple
<input type="checkbox"/> Chicken & Cheese Quesadilla w/Mexican Salad or <input type="checkbox"/> Salad	<input type="checkbox"/> Nachos w Tomato/Lettuce Sour Cream or <input type="checkbox"/> Salad	<input type="checkbox"/> Chicken Stir Fry w/Brown Rice or <input type="checkbox"/> Salad	<input type="checkbox"/> Chicken Fingers w/ Ranch Salad or <input type="checkbox"/> Salad	<input type="checkbox"/> Sloppy Joe Veggie Medley Or <input type="checkbox"/> Salad
13 MON	14 TUE	15 WED	16 THU	17 FRI
Breakfast Pizza Pineapple	Scrambled Eggs Wheat Toast Pineapple	Whole Wheat French Toast Strawberries	Oatmeal Sausage Apple	Whole Wheat Pancakes Orange
<input type="checkbox"/> Chicken Fingers w/ Ranch Salad or <input type="checkbox"/> Salad	<input type="checkbox"/> Turkey or Chicken Hot Dogs Baked Beans or <input type="checkbox"/> Salad	<input type="checkbox"/> Grilled Chicken Tomato Soup or <input type="checkbox"/> Salad	<input type="checkbox"/> Beef Stew Sweet Cornbread or <input type="checkbox"/> Salad	<input type="checkbox"/> Chicken Fingers Salad or <input type="checkbox"/> Salad
20 MON	21 TUE	22 WED	23 THU	24 FRI
 PRESIDENT'S DAY NO SCHOOL	Scrambled Eggs Wheat Toast Orange	Whole Wheat French Toast Strawberries	Oatmeal Strawberries	Breakfast Burrito Apple
	<input type="checkbox"/> Chicken & Black Bean Burrito Salsa Corn or <input type="checkbox"/> Salad	<input type="checkbox"/> BBQ Chicken Sandwich Sweet Potato Chips or <input type="checkbox"/> Salad	<input type="checkbox"/> Spaghetti & Italian Salad or <input type="checkbox"/> Salad	<input type="checkbox"/> Tuna Fish Sandwich Sweet Potato Chips or <input type="checkbox"/> Salad
27 MON	28 TUE	29 WED	THU	FRI
Breakfast Pizza Apple	Scrambled Eggs Wheat Toast Pineapple	Whole Wheat French Toast Strawberries		
<input type="checkbox"/> Chicken Alfredo w/ Italian Salad or <input type="checkbox"/> Salad	<input type="checkbox"/> Chicken Fingers w/ Ranch Salad or <input type="checkbox"/> Salad	<input type="checkbox"/> Nachos w Tomato/Lettuce Sour Cream or <input type="checkbox"/> Salad		

RETURN BY: 8 A.M., MONDAY, January 23, 2012

All Breakfasts include:
Fresh Fruit or Juice
and Milk

All Lunches include:
Choice of
Main Entrée
or
Salad

Fruit 

Milk 



Salads

Salad ingredients are prepared fresh daily.

When an entrée salad is selected, your child will make their own salad at the salad bar with ingredients from the following list:

- Freshly chopped lettuce
- Cubed ham or turkey
- Quartered tomatoes
- Chopped cucumber
- Shredded Cheese
- Diced green pepper
- Chopped Onion
- Whole Wheat Croutons
- Hardboiled Egg

- Dressings available:
- Light Ranch
 - Basil-Balsamic Vinaigrette
 - Green Goddess
 - Ranch
 - Italian

Please provide email address to send monthly menus:	Student Name	Grade
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