

Menu Due: January 10, 2024

Monday

Tuesday

Wednesday

Thursday

Friday



Mini Turkey Corn Dogs **5**
 ¼ c Garlic Broccoli
 ½ c Waffle Cut French Fries
 ½ c Mixed Fruit Cup
 Ketchup Pkt
 Milk

Pancakes & Turkey Sausage **6**
 ¼ c Cherry Tomatoes
 ½ c Vegetable Juice
 ½ c Fresh Apple
 Milk

Chicken Parmesan **7**
 1oz-eq WG Spaghetti
 ½ c Green Beans
 ½ c Sliced Peaches
 ½ oz-eq Choc. Chip Cookie (WGR)
 Milk

Penne Pasta w/ Meat Sauce **1**
 ½ c Raw Cauliflower
 ½ c Applesauce
 1oz-eq Garlic Bread Roll
 Ranch Pkt
 Milk

Fish Sticks **2**
 ¼ c Baby Carrots
 ½ c Garlic Broccoli
 ½ c 100% Fruit Juice
 Ketchup Pkt
 Milk

Broccoli Cheddar Soup **8**
 ¼ c Baby Carrots
 ½ c Fresh Orange
 1 oz-eq Garlic Bread Roll
 Milk

Taco Salad **9**
 1 oz-eq Tortilla Chips
 ½ c Black Bean Salad
 ½ c Fresh Apple
 2 T Sour Cream Pkt
 Milk

Hot Dog on WGR Bun **12**
 ¼ c Green Beans
 ½ c Homemade Baked Beans
 ½ c 100% Fruit Juice
 Ketchup Pkt
 Milk

Grilled Cheese Sandwich **13**
 ½ c Tomato Soup
 ½ c Peas
 ½ c Fresh Pear
 Milk

Grilled Chicken Sandwich **14**
 (w/Lettuce & Tomato)
 ½ c Sweet Potato Fries
 ½ c Peach Slices
 1Tbsp Low-Fat Mayo Pkt
 Milk

Waffles & Turkey Sausage **15**
 ¼ c Cherry Tomatoes
 ½ c Vegetable Juice
 ½ c Fresh Orange
 Milk

Cheese Breadsticks (2) **16**
 ¼ c Marinara Sauce
 ½ c Garlic Broccoli
 ½ c 100% Juice
 Milk

NO SCHOOL
President's Day **19**

Chicken Alfredo Pasta **20**
 ¾ c Broccoli
 ½ c Fresh Pear
 1 oz-eq Dinner Roll (WGR)
 Milk

Popcorn Shrimp **21**
 ½ c Green Beans
 ½ c Mashed Potatoes
 ½ c Fresh Orange
 ½ oz-eq Choc. Chip Cookie (WGR)
 Ketchup Pkt
 Milk

Chicken Kale Caesar Wrap **22**
 ½ c Fresh Broccoli Florets
 1 oz-eq Cheez-It Crackers (WGR)
 ½ c 100% Fruit Juice
 Ranch Pkt
 Milk

Chicken Wings (4) **23**
 1 oz-eq Cheez-It Crackers (WGR)
 ¼ c Cucumber Slices
 ½ c Baby Carrots
 ½ c 100% Fruit Juice
 1 oz-eq String Cheese
 Ranch Pkt
 Milk

Pepperoni Calzone **26**
 ¼ c Marinara Sauce
 ½ c Garlic Broccoli
 ½ oz-eq Choc. Chip Cookie (WGR)
 ½ c Fruit Cup
 Milk

Hamburger on WGR Bun **27**
 ¼ c Baked Beans
 ½ c Waffle Fries
 ½ c Fresh Apple
 Ketchup Pkt
 Milk

Potato, Cheese Perogies (3) **28**
 1oz-eq Kielbasa Sausage
 ¼ c Green Beans
 ½ c 100% Fruit Juice
 2 T Sour Cream Pkt
 Milk

Beef Cutlet **29**
 ¼ c Corn
 ½ c Mashed Potatoes
 ½ c Fresh Apple
 1 oz-eq Dinner Roll
 Milk

Menus Subject to Change
 A variety of milk is offered at each meal: 1% White or Fat-Free Chocolate

Lunch: Full Price \$3.30, Reduced Price \$0.40, Adult Price \$4.75
Breakfast: Full Price \$2.30, Reduced Priced \$0.30, Adult Price \$3.75