

Menu Due: January 18, 2022

Monday

Tuesday

Wednesday

Thursday

Friday

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

Waffles & Turkey Sausage 1
¼ c Cherry Tomatoes
½ c Vegetable Juice
½ c Fresh Orange
Syrup Pkt
Milk

Grilled Chicken Sandwich 2
(w/Lettuce & Tomato)
½ c Sweet Potato Fries
½ c Peach Slices
1 Tbsp Low-Fat Mayo Pkt
Ketchup Pkt
Milk

Cheese Breadsticks (2) 3
¼ c Marinara Sauce
½ c Garlic Broccoli
½ c Fresh Apple
Milk

Popcorn Shrimp 6
¾ c Steamed Broccoli
1oz-eq String Cheese Stick
½ c Fresh Orange
½ oz-eq Choc. Chip Cookie (WGR)
Milk

Cheeseburger on WGR Bun 7
¼ c Homemade Baked Beans
½ c Waffle Cut French Fries
½ c 100% Fruit Juice
Ketchup Pkt
Milk

Beet Soup (Borshcht) 8
½ c Green Beans
½ c Fresh Apple
1oz-eq String Cheese Stick
1oz-eq Dinner Roll
2 T Sour Cream Pkt
Milk

Breaded Chicken Drumstick 9
¼ c Peas
½ c Mashed Potatoes
½ c Mixed Fruit Cup
1oz-eq Garlic Bread Roll
Milk

Mexican Pizza 10
¼ c Hummus
½ c Baby Carrots
½ c Fresh Orange
Milk

Chicken Patty on WGR Bun 13
¼ c Baked Beans
½ c Sweet Potato Fries
½ c Fresh Pear
Ketchup Pkt
Milk

Teriyaki Chicken 14
1oz-eq Brown Rice
¾ c Garlic Broccoli
½ c Peach Slices
½ oz-eq Choc. Chip Cookie (WGR)
Milk

Beef Cutlet 15
¼ c Corn
½ c Mashed Potatoes
½ c Fresh Apple
1 oz-eq Dinner Roll
Milk

Mac & Cheese 16
¼ c Cherry Tomatoes
½ c Green Beans
½ c Fresh Orange
Milk

Fish Sticks 17
¼ c Baked Beans
½ c Green Peas
½ c 100% Fruit Juice
Ketchup Pkt
Milk

**President's Day
NO SCHOOL** 20

Quirky Quesadillas 21
¼ c Salsa
½ c Black Bean Salad
½ c Fresh Orange
2 T Sour Cream Pkt
Milk

BBQ Pork Sandwich 22
¼ c Corn
½ c Mashed Potatoes
½ c Fresh Apple
Milk

Turkey & Cheese Deli Sandwich 23
(w/Lettuce & Tomato)
½ c Raw Broccoli Florets
½ c Fresh Pear
Ranch Dip Cup
Milk

Cheese Pizza (Domino's Smart Slice!) 24
¼ c Cucumber Slices
½ c Baby Carrots
½ c 100% Fruit Juice
Ranch Dressing Pkt
Milk

Mini Turkey Corn Dogs 27
¼ c Garlic Broccoli
½ c Waffle Cut French Fries
½ c Mixed Fruit Cup
Ketchup Pkt
Milk

Chicken Parmesan 28
1oz-eq WG Spaghetti
½ c Green Beans
½ c Peach Slices
Milk



Lunch: Full Price \$3.25, Reduced Price \$0.40, Adult Price \$4.75
Breakfast: Full Price \$2.25, Reduced Priced \$0.30, Adult Price \$3.75