



School Information: All children 18 and under eat free through June 2021 or until further notice This is an equal opportunity



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN & GRAVY w/ MASHED POTATOES PEAS & CARROTS , BISCUIT CRANBERRIES, MILK **1**

SLOPPY JOE on a BUN BABY CARROTS MIXED FRUIT MILK CHOICES **2**

CHICKEN TACO BOWL SPANISH RICE FRESH ORANGE MILK CHOICES **3**

TURKEY ITALIAN BAG OF CHIPS CUCUMBER SLICES FRESH PEAR MILK CHOICE **4**

WG PIZZA BITES MARINARA SAUCE CELERY STICKS FRUIT SALAD MILK CHOICES **5**

GRILLED CHICKEN on a WG BUN CRUNCHY BABY CARROTS CHILLED PEACHES MILK CHOICES **8**

HOMEMADE MEATLOAF ROASTED BUTTERNUT DINNER ROLL FRESH APPLE MILK CHOICES **9**

CHICKEN & WAFFLES SWEET POTATO FRIES STRAWBERRY CUP MILK CHOICES **10**

ROAST TURKEY MASHED POTATOES GREEN BEANS CRANBERRIES MILK CHOICES **11**

PERSONAL PIZZA BROCCOLI SALAD MIXED FRUIT MILK CHOICES **12**

PULLED PORK on a BUN CRUNCHY BABY CARROTS APPLESAUCE MILK CHOICES **15**

SPAGHETTI with MEAT SAUCE BROCCOLI & CAULIFLOWER CHILLED PEACHES MILK CHOICES **16**

TURKEY & CHEESE on a WG BUN CELERY STICKS w/RANCH DIP FRESH ORANGE MILK CHOICES **17**

HOMEMADE BEEF STEW DINNER ROLL SIDE SALAD CHILLED PEARS MILK CHOICES **18**

PIZZA STICKS MARINARA SAUCE THREE BEAN SALAD KIWI QUARTERS MILK CHOICES **19**

WINTER BREAK NO SCHOOL **22**

WINTER BREAK NO SCHOOL **23**

WINTER BREAK NO SCHOOL **24**

WINTER BREAK NO SCHOOL **25**

WINTER BREAK NO SCHOOL **26**

DID YOU KNOW WE PURCHASE LOCAL GRASS-FED BEEF?

ALTERNATE ENTREES: Yogurt Plate: Yogurt, string cheese, soft pretzel. Deli Sandwich at MS, HS, Pick-up or Delivery

Meal pick ups are Monday, Tuesday and Thursday at the HS on the back bus loop. See you there!

