




**Meet Your Nutritious Friend:
Mr. Oatis**

| Monday | Tuesday | Wednesday | Thursday | Friday | Offered Daily |
|--|--|---|--|--|--|
| | | 1 Happy New Year!! No School | 2 Chicken Nuggets FEATURED VEGGIES Tator Tots Carrots | 3 French Bread Pizza FEATURED VEGGIES Green Beans Cucumber Slices | <p>What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Choice of Vegetable Hot vegetable, seasonal fresh vegetables</p> <p>Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk 1% White, Lactaid, FF Chocolate and FF Strawberry</p> <p>Daily Alternates Sun Butter & Jelly Sandwich with a Cheese Stick and Goldfish</p> <p>Veggie Patch Broccoli Tomatoes Cucumbers Carrots Celery</p> <p>Fresh Entrée Salad of the Week 1/6-1/10- Caesar Salad 1/13-1/17- Buffalo Chicken Salad 1/21-1/24- Turkey BLT Salad 1/27-1/31- Chef Salad</p> |
| 6 Corn Dogs FEATURED VEGGIES Peas French Fries | 7 Soft Baked Beef Taco FEATURED VEGGIES Corn Salsa | 8 Beef A Roni FEATURED VEGGIES Steamed Broccoli Grape Tomatoes | 9 Chicken Sticks FEATURED VEGGIES Baked Beans Red Pepper Strips | 10 Cheesy Pizza FEATURED VEGGIES Fresh Garden Salad Cucumber Slices | |
| 13 Cheeseburger on a Bun FEATURED VEGGIES Steamed Broccoli Grape Tomatoes | 14 Hot Dog on a Roll FEATURED VEGGIES Baked Beans Cucumber Slices | 15 French Toast Sticks with Sausage Links FEATURED VEGGIES Hash Brown Potato Celery Sticks | 16 Chicken Patty on a Bun FEATURED VEGGIES Steamed Corn Red Pepper Strips | 17 Cheesy Pizza FEATURED VEGGIES Green Beans Cucumber Slices | |
|  | 21 Soft Beef Tacos FEATURED VEGGIES Rice, Beans Corn | 22 Corn Dog FEATURED VEGGIES Tater Tots Grape Tomatoes | 23 Chicken Nuggets FEATURED VEGGIES Peas Red Pepper Strips | 24 French Bread Pizza FEATURED VEGGIES Fresh Garden Salad Cucumber Slices | |
| | 27 Mozzarella Sticks w/ Marinara FEATURED VEGGIES Peas Grape Tomatoes | 28 Soft Baked Beef tacos FEATURED VEGGIES Rice, Beans Corn | 29 Pizza Dippers w/ Marinara FEATURED VEGGIES Broccoli Veggie Patch | 30 Popcorn Chicken FEATURED VEGGIES Baked Beans Red Pepper Strips | |

Your Team

Cristine McAllister, Food Service Director
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Meal Prices

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|-------------------|--------|
| Paid Student | \$2.90 |
| Free & Reduced | Free |
| Faculty Breakfast | \$5.00 |

