



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

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 Happy New Year!! No School	2 Baked Chicken 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>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 Tuna Sandwich FEATURED VEGGIES Peas French Fries	7 Chicken Caesar Salad FEATURED VEGGIES Corn Salsa	8 Egg Salad Sandwich FEATURED VEGGIES Steamed Broccoli Grape Tomatoes	9 Baked Chicken FEATURED VEGGIES Vegetarian Baked Beans Red Pepper Strips	10 Cheesy Pizza FEATURED VEGGIES Fresh Garden Salad Veggie of the Day	
13 Chicken Sandwich FEATURED VEGGIES Tator Tots Baby Carrots w/ Hummus	14 Tuna Melt FEATURED VEGGIES Rice, Beans Corn	15 Grilled Cheese FEATURED VEGGIES Caesar Salad Grape Tomatoes	16 Baked Chicken FEATURED VEGGIES Steamed Corn Red Pepper strips	17 Cheesy Pizza FEATURED VEGGIES Fresh Garden Salad Veggie of the Day	
	21 Egg Salad Sandwich FEATURED VEGGIES Rice, Beans Corn	22 Chicken Sandwich FEATURED VEGGIES Fresh Garden salad Grape Tomatoes	23 Baked Chicken FEATURED VEGGIES Oven Baked Fries Red Pepper Stripes	24 French Bread Pizza FEATURED VEGGIES Fresh Garden Salad Veggie of the Day	
	27 Tuna Hoagie FEATURED VEGGIES Fresh Garden Salad Red Pepper Strips	28 Chicken Caesar Salad FEATURED VEGGIES Rice & Beans Corn	29 Grilled Cheese FEATURED VEGGIES Broccoli Grape Tomatoes	30 Baked Chicken FEATURED VEGGIES Baked Beans Red Pepper Strips	
<p>Your Team Cristine McAllister, Food Service Director 609-383-6900 ext. 4039 cristine.mcallister@metzcorp.com</p>			<p>Meal Prices Paid Student \$2.90 Free & Reduced Free Faculty Breakfast \$5.00</p>		

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.