




























January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SPV – Grape Tomatoes 7</p> <p>Breaded Mozzarella Sticks with Marinara Sauce Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with a WG Breadstick Glazed Carrots Pears </p>	<p>8</p> <p>BBQ Chicken Legs with a WG Dinner Roll Or- Chef Salad w/a WG Dinner Roll  Or- Yogurt & Cheese Stick with a WG Dinner Roll Cowboy Beans Fresh Banana</p>	<p>9</p> <p>Pizza Hut Pizza Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with a WG Ciabatta Roll Fresh Broccoli Peaches</p>	<p>10</p> <p>Big Ol' Meatball with WG Garlic Bread  Or- Southwest Chicken Wrap Or- Yogurt & Cheese Stick with WG Garlic Bread Seasoned Green Beans Fresh Apple</p>	<p>11</p> <p>Macaroni and Cheese with a WG Soft Pretzel Or- Asian Chicken Salad with a WG Soft Pretzel Or- Yogurt & Cheese Stick with a WG Soft Pretzel Peas Blueberries</p>
<p>SPV – Red Bell Pepper Strips 14</p> <p>Sausage, Egg & Cheese Biscuit Sandwich  Or- Cottage Cheese & Fruit with a WG Biscuit Or- Yogurt & Cheese Stick with a WG Biscuit Sweet Potato Tots Fresh Apple</p>	<p>15</p> <p>Cheeseburger on a Bun  Or- Hummus, WG Flatbread and Fresh Vegetables Or-Yogurt & Cheese Stick with a WG Ciabatta Roll Baked Beans  Fresh Banana </p>	<p>16</p> <p>Sweet & Sour Popcorn Chicken with Brown Rice Or- Salami, Cheese, Crackers and a Nutrigrain Bar  Or-Yogurt & Cheese Stick with a WG Dinner Roll Oriental Blend Vegetables Fresh Pear Fortune Cookie</p>	<p>17</p> <p>BBQ Chicken Flatbread Pizza Or- Antipasto Pasta Salad  Or-Yogurt & Cheese Stick with a WG Dinner Roll Romaine Salad with Croutons Mixed Fruit</p>	<p>18</p> <p>Shepherd's Pie with a WG Breadstick  (Ground Beef w/Peas, Carrots, and Corn with Mashed Potatoes) Or- Sunshine Chicken Salad w/a WG Breadstick Or-Yogurt & Cheese Stick with a WG Breadstick Mashed Potatoes Strawberries</p>
<p>SPV – Grape Tomatoes 21</p> <p>Martin Luther King, Jr. Day Westside No School</p>	<p>22</p> <p>Crispy Chicken Sandwich Or- Italian Hoagie  Or-Yogurt & Cheese Stick with a WG Ciabatta Roll Jazz'd Crinkle Fries Peaches</p>	<p>23</p> <p>Pizza Hut Pizza Or- Turkey BLT  Or-Yogurt & Cheese Stick with a WG Breadstick  Fresh Broccoli Pears  </p>	<p><i>National Compliment Day</i> 24</p> <p>Turkey Pot Pie w/a WG Biscuit Or- Roast Beef Sandwich  Or-Yogurt & Cheese Stick with a Biscuit Steamed Carrots Fresh Yellow Apple <i>That's a wonderful smile!</i></p>	<p>25</p> <p>Walking Taco with a Lettuce and Cheese Cup  Or- Crispy Chicken Salad with a WG Dinner Roll Or-Yogurt & Cheese Stick with a WG Dinner Roll Refried Beans Orange Wedges</p>
<p>SPV – Baby Carrots 28</p> <p>Hot Dog on a Bun  Or- Turkey & Cheese Hoagie Or-Yogurt & Cheese Stick with a WG Ciabatta Roll Ranch Beans Applesauce</p>	<p>29</p> <p>Popcorn Chicken Bowl with Cheddar Cheese and a WG Breadstick Or- Beef Taco Salad with a WG Breadstick  Or-Yogurt & Cheese Stick with a WG Breadstick Mashed Potatoes & Gravy Fresh Banana</p>	<p>30</p> <p>Grilled Cheese and Tomato Soup Or- Southwest Chicken Salad with a WG Dinner Roll Or-Yogurt & Cheese Stick with a WG Dinner Roll Crisp Celery Sticks w/Ranch Pineapple Tidbits</p>	<p>31</p> <p>Penne Pasta with Meat Sauce and WG Garlic Bread  Or- Turkey Custer  Or-Yogurt & Cheese Stick with WG Garlic Bread Romaine Spinach Salad Mandarin Oranges Candy Cookie</p>	<p>1</p> <p> Pancakes & Sausage Links  Or- Buffalo Chicken Wrap Or-Yogurt & Cheese Stick with a WG Dinner Roll Sweet Potato Fries Blueberries </p>

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product

This Institution is an equal Opportunity provider and employer.