



**School Information:** WELCOME TO 2019!!!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



Spaghetti & Meatballs **7**  
or  
Spaghetti w/ Tomato Sauce  
Served w/ salad, French bread  
and fruit

Baked Chicken Parm **14**  
or  
Vegetable Marinara over Spag  
Served w/ salad, French bread  
and fruit

Holiday **21**  
No School

Meat or Cheese Ravioli **28**  
Served w/ salad, French bread  
and fruit

### Tuesday

HAPPY NEW YEAR!!!! **1**

Meat or Cheese Taco **8**  
Served w/ rice, black beans,  
corn and dessert

Meat or Cheese Nachos **15**  
Served w/ rice, black beans,  
corn and dessert

Chicken or Cheese  
Enchilada **22**  
Served w/ rice, black beans,  
corn and dessert

Chicken or Cheese Fajitas **29**  
Served w/ rice, black beans,  
corn and dessert

### Wednesday

Yankee Style Pot Roast **2**  
or  
Spinach & Vegetable Frittata  
Served w/ roasted potatoes,  
carrots and fruit

Meat or Vegetable Lasagna **9**  
Served w/ vegetable and fruit

Meatloaf or  
Roasted Vegetable Frittata **16**  
Served w/ mashed potatoes,  
vegetable and fruit

BBQ Chicken Leg **23**  
or  
Spring Vegetable Frittata  
Served w/ grain, vegetable  
and fruit

Baked Potato Bar **30**  
Served w/ all the toppings:  
Cheese, sour cream, bacon and  
broccoli

### Thursday

Sloppy Joe Sandwich **3**  
or  
Stuffed Tomato  
Served w/ grain, vegetable  
and dessert

Beef w/ Broccoli **10**  
or  
Broccoli & Cheddar Quiche  
Served w/ grain and fruit

Baked Ham or  
Stuffed Eggplant Parm **17**  
Served w/ Baked Macaroni &  
Cheese, vegetable and dessert

Breakfast For Lunch **24**  
French Toast, roasted potatoes,  
bacon or sausage and dessert

Salisbury Steak **31**  
or  
Spinach and Cheese Frittata  
Served w/ mashed potatoes,  
vegetable and dessert

### Friday

Pretzel Coated Chicken **4**  
or  
Roast Vegetable Frittata  
Served w/ grain, vegetable  
and fruit

Cheeseburger, Hamburger, **11**  
Hot Dog or Black Bean  
Burger  
Served w/ baked beans, tator tots  
and fruit

Meat or Cheese Burrito **18**  
Served w/ rice, black beans,  
corn and fruit

Philly Style Cheesesteak **25**  
or  
Stuffed Squash  
Served w/ tator tots, vegetable  
and fruit

