

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal and muffins <i>1</i>	Pancakes <i>2</i>	Cereal and muffins <i>3</i>	Pop tarts <i>4</i>	Cereal and muffins <i>5</i>
Rigatoni w/ meat sauce	Chicken noodle soup	Hammy sammy	Salisbury steak Wedge fries	Corn dogs
French toast sticks <i>8</i>	Waffles <i>9</i>	Cereal and toast <i>10</i>	Scrambled eggs <i>11</i>	Cereal and muffins <i>12</i>
Baked mash potatoes	Chicken patty	Polish sausage	Chicken quesadilla	Beef tips over noodles
No school this week <i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>
No breakfast <i>22</i>	French toast sticks <i>23</i>	Cereal and muffins <i>24</i>	Eggs and ham <i>25</i>	Cereal and toast <i>26</i>
Chicken stir fry Over rice	Lasagna and bread sticks	Pizza subs	Cheese burgers	Macaroni and cheese

Guess What?

Your heart can beat up to 40,000,000 times per year!
Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

A La Carte

Monday thru Friday we will offer a main menu item, salad and pizza.

On Mondays and Wednesday we offer chicken nuggets and on Tuesday and Thursday we offer bake potato.

We also offer vegetables, fruit and a choice of milk.

School News

Winter break 15 thru the 19

No breakfast on the 22nd

