



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

GUESS WHAT?

MODERATE REGULAR EXERCISE ADDS ABOUT TWO YEARS TO ONE'S EXPECTED LIFE.

CARROTS REALLY CAN HELP YOU SEE IN THE DARK! VITAMIN A IS KNOWN TO PREVENT "NIGHT BLINDNESS," AND CARROTS ARE LOADED WITH VITAMIN A. SO, WHY NOT LOAD-UP TODAY!

<p>Cereal and muffins 5</p> <hr/> <p>Salisbury steak and mash potatoes</p>		<p>French toast sticks 6</p> <hr/> <p>Chicken noodle soup</p>		<p>Cereal and toast 7</p> <hr/> <p>Lasagna and bread sticks</p>		<p>NEW YEAR'S DAY NO SCHOOL 1</p>		<p>NO SCHOOL 2</p>	
<p>Cereal and muffins 12</p> <hr/> <p>Hot dogs and chips</p>		<p>Waffles 13</p> <hr/> <p>Beef stew and biscuits</p>		<p>Cereal and toast 14</p> <hr/> <p>Chicken patty sandwich</p>		<p>Cereal and muffins 15</p> <hr/> <p>Pasties</p>		<p>Pancakes 9</p> <hr/> <p>Scallop potatoes with ham</p>	
<p>MARTIN LUTHER KING JR. DAY Cereal and muffins 19</p> <hr/> <p>Mash potatoes with meatball gravy</p>		<p>French toast sticks 20</p> <hr/> <p>Turkey wraps</p>		<p>Cereal and muffins 21</p> <hr/> <p>Cheeseburgers</p>		<p>Cereal and muffins 22</p> <hr/> <p>Fish patty on a bun</p>		<p>Scrambled eggs and ham 23</p> <hr/> <p>Chicken alfredo</p>	
<p>Cereal and muffins 26</p> <hr/> <p>Soft shell tacos</p>		<p>Cheeses omlets 27</p> <hr/> <p>Chicken potpie</p>		<p>Cereal and muffins 28</p> <hr/> <p>Cheese steak wrap</p>		<p>Cereal and muffins 29</p> <hr/> <p>BBQ pork on a bun</p>		<p>Cereal and toast 30</p> <hr/> <p>Spaghetti and meat sauce</p>	

A La Carte

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

We will also offer chicken nuggets on Mondays and Wednesdays and on Tuesday and Thursday we will offer baked potatoes with all the fixings.

School News

Menus are subject to change due to the availability of products.

Condiments are offered when needed.

We have three choices of milk 2%, skim and 1% choc.

Hope that everyone had a great two weeks off.78

