



## MONDAY

**3**  
**BBQ Chicken Sandwich**  
Black Eyed Peas ½ c  
Broccoli ¼ c  
**ALT: Ham Sandwich** 1ea

## TUESDAY

**4**  
**Beefy Cheesy Nachos**  
1 serving  
Black Beans ½ c  
Diced Tomato ¼ c  
**ALT: Corn Dog** 1ea

## WEDNESDAY

**5**  
**Yakisoba Noodle Bowl** 1 serving  
Green Beans ¼ c  
Baby Carrots ½ c  
**ALT: Cheeseburger** 1ea

## THURSDAY

**6**  
**Sloppy Joe**  
Tater Tots ½ c  
Mixed Vegetables 1/4 c  
**ALT: Hot Dog** 1ea

## FRIDAY

**7**  
**Frito Pie**  
Corn Cobette 1ea  
Garden Salad 1c  
**ALT: Assorted Pizza** 1 slice

**10**  
**Mac & Cheese**  
1 serving  
Baby Carrots ½ c  
Green Beans ¼ c  
**ALT: Chicken Nuggets** 5ea

**11**  
**Meatball Hoagie** 1ea  
Garden Salad 1 c  
Italian Vegetables ¼c  
**ALT: Hamburger** 1ea

**12**  
**Chicken Alfredo**  
Baby Carrots ¾ c  
Broccoli ¼ c  
**ALT: Hot Dog** 1ea

**13**  
**Arroz con Pollo**  
1 serving  
Herb Roasted Tomatoes ¼ c  
Corn ½ c  
**ALT: Corn Dog** 1ea

**14**  
**BBQ Pork Sandwich** 1ea  
Baked Beans ½ c  
Coleslaw ¼ c  
**ALT: Assorted Pizza** 1 slice

**17**  
**MLK DAY**  
**NO SCHOOL**

**18**  
**Tachos**  
Black Beans ½ c  
Cucumber Slices ¼c  
**ALT: Cheeseburger** 1ea

**19**  
**Spaghetti with Meat Sauce**  
1 serving  
Roasted Green Beans ¼ c  
Italian Vegetables ½ c  
**ALT: Hot Dog** 1ea

**20**  
**Chicken Pot Pie Over Biscuit**  
1 serving  
Baby Carrots ½ c  
Roasted Cauliflower ¼ c  
**ALT: Cheese Quesadilla** 1ea

**21**  
**Chicken Enchiladas**  
Pinto Bean ½ c  
Spanish Rice ½ c  
**ALT: Assorted Pizza** 1 slice

**24**  
**Cheesy Baked Ziti**  
1 serving  
Garden Salad 1 c  
Corn ¼ c  
**ALT: Chicken Nuggets** 5ea

**25**  
**Chicken & Waffle Sandwich** 1 ea  
Baby Carrots ¾ c  
Sliced Cucumbers ½ c  
**ALT: Hamburger** 1ea

**26**  
**Chicken Fajitas**  
Refried Beans ½ c  
Spanish Rice ½ c  
**ALT: Hot Dog** 1ea

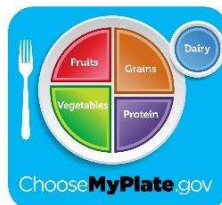
**27**  
**Three Cheese Grilled Cheese**  
Sweet Potato Fries ½ c  
Mixed Vegetables ½c  
**ALT: Chicken Patty** 1ea

**28**  
**Chicken Philly Hoagie** 1ea  
Roasted Balsamic Zucchini ½ c  
Tater Tots ½ c  
**ALT: Assorted Pizza** 1 slice

**31**  
**BBQ Chicken Sandwich**  
Black Eyed Peas ½ c  
Broccoli ¼ c  
**ALT: Ham Sandwich** 1ea

### OFFERED DAILY:

Nutrition Bar with a variety of fruits and vegetables  
Assorted milks



**FRESH PICKS**

PARSNIPS



**GLOBAL BITES**

ETHIOPIA