









Monday	Tuesday	Wednesday	Thursday	Friday	FYI
 <p>Whole Grains Whole grains contain the entire grain kernel-the bran, germ and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.</p>	<p>All meals are served with a variety of low fat & fat free milk.</p> <p>Menus are subject to change due to availability of food items and special events.</p>	 <p>Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.</p>	<p>-1- Pancake Bites Fresh Fruit</p> <p>-----</p> <p>Macaroni & Cheese Baked Fish Nuggets Steamed Green Beans Pear Halves, Soft Wheat Roll</p> <p>✔Vegetarian: Macaroni & Cheese</p>	<p>-2- Blueberry Muffins Scrambled Eggs, Fresh Fruit</p> <p>-----</p> <p>Hamburger on Wheat Bun Lettuce/Tomato/Pickles Baked Tater Tots Fresh Fruit</p> <p>✔Vegetarian: Vegetable Burger</p>	<p>Whole Grains Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product</p> 
<p>-5- Breakfast Burrito, Fruit</p> <p>-----</p> <p>Red Beans, Brown Rice Chilled Sliced Peaches Fresh Spinach Salad Cornbread Muffins</p> <p>✔Vegetarian: Vegetarian Red Beans</p>	<p>-6- Cereal, Wheat Toast, Fruit</p> <p>-----</p> <p>Sloppy Joe on Wheat Bun Whole Kernel Corn Fresh Romaine Lettuce Salad Fresh Fruit</p> <p>✔Vegetarian: Black Bean Quesadillas</p>	<p>-7- Pancakes, Sausage, Fruit -----Oriental Cuisine-----</p> <p>Chicken Lo Mein Oriental Blend Vegetables Orange Wedges Fortune Cookie</p> <p>✔Vegetarian: Vegetable Lo Mein</p>	<p>-8- Biscuit, Sausage, Fruit</p> <p>-----</p> <p>Supreme Taco Salad Refried Beans Lettuce/Tomato/Salsa Fresh Fruit</p> <p>✔Vegetarian: Vegetarian Taco Salad</p>	<p>-9- Waffles, Sausage, Fruit</p> <p>-----</p> <p>Chicken Patty on Wheat Bun Lettuce/Tomato, Pickles Fresh Fruit Gelatin Cup</p> <p>✔Vegetarian: Vegetable Burger</p>	<p>✔Vegetarian Meals</p> <p>A specific number of vegetarian meals are prepared daily for students with a vegetarian diet plan.</p>
<p>-12- Blueberry Muffins, Eggs, Fruit</p> <p>-----</p> <p>Pinto Beans Steamed Brown Rice Fresh Romaine Lettuce Salad Sliced Peaches, Wheat Roll</p> <p>✔Vegetarian: Vegetarian Pinto Beans</p>	<p>-13- Oatmeal, Cinnamon Raisin Toast, Fresh Fruit</p> <p>-----</p> <p>Turkey Wheat Wrap Fresh Celery/Carrots Fresh Fruit Oatmeal Raisin Cookies</p> <p>✔Vegetarian: Vegetable Wheat Wrap</p>	<p>-14- Hashbrown, Wheat Toast, Turkey Sausage, Fresh Fruit</p> <p>-----</p> <p>Spaghetti Casserole (Ground Turkey, Wheat Pasta) Steamed Spinach Fruit Cup, Wheat Roll</p> <p>✔Vegetarian: Vegetarian Spaghetti Casserole</p>	<p>-15- Assorted Cereal, Graham Crackers, Fruit</p> <p>-----</p> <p>Chicken Stew, Steamed Rice Steamed Broccoli Fresh Fruit Salad Soft Wheat Roll</p> <p>✔Vegetarian: Seasoned Rice w/ black Beans</p>	<p>-16- French Toast Sticks, Fruit, Egg Patties</p> <p>-----</p> <p>Turkey Sausage Pizza Fresh Romaine Salad Whole Corn Fresh Fruit</p> <p>✔Vegetarian: Cheese Pizza</p>	<p>Meal Prices</p> <p>Breakfast</p> <p>Full \$1.50 Reduced \$0.30</p> <p>Lunch</p> <p>Full \$2.10 Reduced \$0.40</p>
<p>-19- Muffin, Eggs, Fruit</p> <p>-----</p> <p>Turkey Tetrazzini (Wheat pasta) Steamed Carrot Slices Chilled Pear Halves Soft Wheat Roll</p> <p>✔Vegetarian: Vegetarian Tetrazzini</p>	<p>-20- Assorted Cereal, Wheat Toast Fresh fruit</p> <p>-----</p> <p>Mini Corn Dogs Baked Beans Fresh Fruit Pudding Cup</p> <p>✔Vegetarian: Cheese Quesadillas</p>	<p>-21-</p>	<p>-22-</p>	<p>-23-</p>	<p>Special Diet Requests Modified meals available Must have a special diet form signed by a licensed doctor on file.</p> 
<p>-26-</p>	<p>-27-</p>	<p>-28-</p>	<p>-29-</p>	<p>-30-</p>	<p>Make the switch</p>  <p>For a change, try brown rice or whole wheat pasta.</p>


Winter Break - No School


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Grain foods make great snacks because they fill you up and curb hunger. They're packed with complex Carbohydrates, which give your body energy.

 **Grain Snack IDEA:** Combine dry cereal with dried fruit, pretzels, and marshmallows for a healthy snack.