

Monday

2
Winter Break

9
WG Mini Ravioli w/Sauce
Romaine Lettuce
Celery
Orange Slices
Spiced Apples
Garlic Toast
Milk

16
NO SCHOOL
Martin Luther King Day

23
Sloppy Joe
WG Hamburger Bun
Black Bean & Corn Salsa
Fresh Broccoli
Peaches
Fruit Smoothie
Tostito Chips
Milk

30
Ham & Cheese
WG Hamburger Bun
Baked Beans
Peaches
Sliced Apples
Milk

Tuesday

3
No School

10
Tomato Soup
Grilled Cheese Sandwich
Mini Carrots
Applesauce Cup
Grapes
Milk

17
WG Breaded Pork Patty
WG Hamburger Bun
French Fries
Fresh Cauliflower
Mandarin Oranges
Blue Rasp/Cherry Juice Cup
Milk

24
BBQ Pork Patty
WG Hamburger Bun
Green Beans
Sweet Potato Fries
Pineapple Tidbits
Banana
Milk

31
WG Spaghetti w/Meat Sauce
Steamed Carrots
Celery
Grapes
Pineapple Tidbits
Garlic Toast
Milk

Wednesday

4
WG French Toast Sticks
Scrambled Eggs
Hash Brown
Mini Carrots
Banana
Mixed Fruit
Milk

11
WG Shrimp Poppers
WG Mac & Cheese
Fresh Broccoli
Pineapple Tidbits
Sliced Apples
Milk

18
WG Breaded Mozzarella
Sticks W/Dipping Sauce
Fresh Marinated Veggie Salad
Peaches
Baked Apples
Milk

25
WG Corn Dogs
Honey Glazed Carrots
Homemade Cole Slaw
Cucumbers
Orange Slices
Mixed Fruit
Milk

Thursday

5
Chicken ala King
Over Mashed Potatoes
Peas
Orange Slices
Peaches
Cookie
Milk

12
Walking Taco
Taco Meat Lettuce Cheese
Cheesy Refried Beans
Chuckwagon Corn
Strawberry Cups
WG Cinnamon Roll
Milk

19
Hot Dog w/WG Bun
Baked Beans
Fresh Broccoli
Mini Carrots
Fresh Cantaloupe
Homemade School Brownie
Milk

26
WG Fajita Chicken Wrap
Romaine Lettuce
Seasoned Rice
Cherry Tomatoes
Sliced Cucumbers
WG Cinnamon Roll
Milk

Friday

6
WG French Bread Pizza
Romaine Lettuce
Green Beans
Homemade Cole Slaw
Tropical Fruit Cup
Milk
(2 hour early out)

13
Pizza Cruncher
Marinated Veggie Salad
Fruit Smoothie
Mixed Fruit
Milk
(2 Hour Early Out)

20
WG Chicken & Chili Crispito
Romaine Lettuce
Corn
Tropical Fruit Cup
Watermelon
Milk
(2 hour early out)

27
WG Cheese Pizza
Romaine Lettuce
Fresh Broccoli
Grapes
Mango
Milk
(2 hour early out)

Milk Variety
Chocolate Fat Free
White Fat Free
White 1%
Milk offered at all meals
(Extra Milk \$.40)

Average meal calorie count
Lunch
*K-5 (550-650)
*6-8 (600-700)
*9-12(750-850)

Breakfast \$1.90
Adult BK \$2.40
Lunch \$2.95
Adults \$4.25

Please check your account balance online:
www.indeek12.org
click on "School Lunch Program"