

<p><b>January 9</b>                  Chicken Tenders-4 (Tyson)                  With Dinner Roll -1oz                  *Pork Chop Sandwich -1                  Sweet Potato Fries-3/4 cup                  California Blend -1/2 cup                  Pineapple- Tidbits- ½ cup</p>	<p>Smothered Burrito                  Fish Tacos (2 small 6" shells)                  Romaine Lettuce w/Tomato-                  1 cup                  Refried Beans -1/2 cup                  Mixed Fruit - ½ cup                  Sour Cream/Salsa</p>	<p>Asian Chicken Stir Fry w/Brown                  Rice                  Hot Dog -1                  (Ketchup &amp; Mustard)                  Normandy Blend -1/2 cup                  Broccoli- 1/2 cup                  Pears- ½ cup</p>	<p>Italian Meatball Sandwich                  Cheese Stuffer                  Prince Edward Blend-1/2 cup                  Peas-1/2 c.                  Applesauce- ½ cup</p>	<p style="text-align: center;"><b>NO SCHOOL</b></p>
<p style="text-align: center;"><b>NO SCHOOL</b></p>	<p>Beef and Cheese Nachos                  (Recipe) with Tostito Chips -1                  Fish Sticks (4) w/roll                  Shredded Romaine -1cup                  Refried Beans -1/2 cup                  Salsa -2 oz.                  Pears 1/2 c</p>	<p>Ling's Orange Chicken                  With Fried Rice                  Grilled Cheese Sandwich                  Mixed Vegetables -1/2 cup                  Mandarin Oranges- ½ cup</p>	<p>Chicken Penne w/Alfredo Sauce -8                  oz.                  With Garlic Bread -1                  *Pork Chop Sandwich                  (Ketchup &amp; Mustard)                  Broccoli- 1/2 cup                  Peaches- ½ cup</p>	<p>Cheese Ripper                  Manager's Choice - 2 Gr                  Small Romaine Salad                  Sweet Potato Fries-1/2 C                  Cooked Spinach-1/2 cup                  Pineapple- ½ cup                  Frozen Fruit Cup</p>
<p><b>January 23</b>                  Double Cheeseburger                  Ketchup/Mustard - 1 each                  Corn Dog-1                  Sweet Potato Fries- 1/2 cup                  Applesauce- ½ cup</p>	<p><b>Chicken Enchilada (2)</b>                  Sour Cream/Salsa                  Sloppy Joe on Bun                  Shredded- Romaine Lettuce -1c                  Corn                  Salsa- 2 oz                  Refried Beans -1/2 cup                  Mixed Fruit- ½ cup</p>	<p>Chicken Waffle Bites with                  Roll-1                  *Bratwurst/bun                  Tater Tringles (2) #14930                  (Stanz)                  Normandy Blend-1/2c                  Mandarin Oranges- ½ cup</p>	<p>Spaghetti W/ Meat Sauce- 1                  Garlic Bread -1                  Gryo with Cucumber Sauce-1                  Romaine Side Salad w/Tomato                  Prince Edward Blend -1/2 cup                  Peaches-1/2 cup</p>	<p>Calzone                  Manager's Choice (2 Gr.)                  Spinach -1/2 cup                  Cooked Carrots-1/2c.                  Pineapple- ½ cup                  100 % Juice- 6 oz – ¾ cup</p>
<p><b>January 30</b>                  Big Daddy's Bold Pizza                  Chicken Philly                  Asparagus- ½ cup                  Rosy Applesauce -1/2 cup</p>	<p>Taco Salad with Fritos-1                  Taco Sauce/Lite Sour                  Cream                  BBQ Beef Rib Sandwich-1                  Romaine Lettuce -1 cup                  Black Bean Fiesta- ½ cup                  Pears- ½ cup</p>			

\*Contains Pork

Students may take 2 scoops of one vegetable or 2 different vegetables to equal 1 cup

8 oz. nonfat and low fat unflavored milk is served with all meals