



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

To assist the community during this challenging time, all breakfast and lunch meals are provided at no charge to every child age 18 and under.

This pertains to both remote and in school learners and is in effect through June 30th, 2021.

Warm & Cozy Winter Wednesdays.
Enjoy some traditional recipes.



4

Chicken Patty on a Bun

Carrots
Fresh Apple
Milk

5

Pizza Sub w/ Mozzarella Cheese

Tossed Salad
Mixed Fruit Cup
Milk

6

Beef & Macaroni with Garlic Bread

Corn
Diced Pears
Milk
Cookie

7

Meatball Submarine with Melted Mozzarella

Green Beans
Applesauce Cup
Milk

8

Cheeseburger on a Bun with Chips

Veggie Beans
Peaches
Milk

11

French Toast Sticks with Sausage & Syrup

Green Beans
Fruit Cup
Milk

12

Chicken Nachos w/Meat, Cheese Sauce & Salsa Rice

Corn
Fresh Orange
Milk

13

Sloppy Joe on a Bun with Pretzels

Oven Fries
Applesauce
Milk

14

Mozzarella Breadsticks with Dip

Broccoli
Diced Pears
Milk

15

Chicken Nuggets with Dip & Dinner Roll

Carrot Bites
Peaches
Milk



National Popcorn Day 19

Bacon Cheeseburger on a Bun with Popcorn

Oven Fries
Diced Pears
Milk

20

Turkey & Gravy w/Mashed Potatoes & Dinner Roll

Corn
Peach Cup
Milk

21

Pepperoni Pizza

Broccoli Florets
Mixed Fruit
Milk

22

Deli Turkey Submarine with Lettuce, Tomato & Chips

Green Beans
Fruit Cup
Milk

25

Flatbread Pizza with Sauce & Mozzarella Cheese

Carrot Bites
Applesauce Cup
Milk

26

Taco in a Bag with Nacho Doritos & Salsa Rice

Veggie Beans
Mixed Fruit
Milk

27

Creamy Macaroni & Cheese

Broccoli
Peach Cup
Milk
Brownie

National Blueberry Pancake Day

28

Mini Blueberry Pancakes with Turkey Sausage

Fries with a Smile
Diced Pears
Milk

29

Chicken & Waffle with Syrup

Veggie Sticks
Mixed Fruit
Milk

Milk Included with Lunch:
Low-Fat White, Fat Free White or Fat Free Chocolate

Meal component:
Protein, Grain, Fruit, Vegetable and Milk

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Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.