

MON	TUE	WED	THU	FRI
<p>3 <b>LGI</b> Buffalo chicken tenders served with a wheat dinner roll Sweet potato fries Tossed garden salad Mixed fruit Fresh apple</p> <p><b>GYM</b> Cheesesteak wrap Sweet potato fries Tossed garden salad Mixed fruit Fresh apple</p>	<p>4 <b>LGI</b> Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Strawberry cup Fruitable juice box</p> <p><b>GYM</b> Grilled chicken on a wheat bun Vegetarian baked beans Lettuce and tomato slices Strawberry cup Fruitable juice box</p>	<p>5 <b>LGI</b> Sloppy joe on a wheat bun Crinkle cut fries Fresh baby carrots Pineapple tidbits Fresh apple</p> <p><b>GYM</b> WG mini turkey corndog nuggets Crinkle cut fries Fresh baby carrots Pineapple tidbits Fresh apple</p>	<p>6 <b>LGI</b> WG meat lover's stromboli with side of marinara sauce Mixed vegetables Assorted raw vegetables Sliced peaches Apple slices</p> <p><b>GYM</b> Tomato soup with wheat crackers Toasted grilled cheese on wheat bread Assorted raw vegetables Sliced peaches Apple slices</p>	<p>7 <b>LGI</b> WG French bread pizza California vegetable blend Romaine salad Diced pears Petite banana</p> <p><b>GYM</b> Veal parm on a wheat bun California vegetable blend Romaine salad Diced pears Petite banana</p>
<p>10 <b>LGI</b> <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll Buttered corn Applesauce cup Raisins <b>GYM</b> BBQ pork riblet on a wheat bun Buttered corn Applesauce cup Raisins</p>	<p>11 <b>LGI</b> WG cheese lasagna rollup served with a wheat breadstick Steamed broccoli Tossed garden salad Mixed fruit Orange quarters</p> <p><b>GYM</b> Cheese quesadilla pizza slice Steamed broccoli Tossed garden salad Mixed fruit Orange quarters</p>	<p>12 <b>LGI</b> Meatball hoagie Steamed green beans Romaine salad with chick peas Mixed berry cup Fresh apple</p> <p><b>GYM</b> Bosco's pepperoni and cheese sticks served with a side of marinara sauce Steamed green beans Romaine salad with chick peas Mixed berry cup Fresh apple</p>	<p>13 <b>LGI</b> Buffalo chicken hoagie with blue cheese Baked tater tots Celery sticks Diced peaches Fresh apple</p> <p><b>GYM</b> Pizza Burger on a wheat bun Baked tater tots Celery sticks Diced peaches Fresh apple</p>	<p>14 <b>LGI</b> WG Mickey's wedge pizza slice Mixed vegetables Fresh baby carrots Mandarin oranges Apple slices</p> <p><b>GYM</b> Fish fillet with cheese on a wheat bun with tartar sauce Mixed vegetables Fresh baby carrots Mandarin oranges Apple slices</p>

**What Makes a Breakfast Meal?**

You must choose at least 3 of 4 components offered for the school breakfast meal:

- Entrée, 1 cup fruit, 1/2 pint milk
- \*General Mills WG assorted cereals served daily
- Milk Choices Offered Daily at Breakfast:  
1% Low Fat White and Fat Free Chocolate
- Meal Prices: Paid \$1.25 Reduced \$0.30

**What Makes a Lunch Meal?**

You must choose at least 3 of 5 components offered for the school lunch meal:

- Meat/Meat Alternate
- Vegetable
- Fruit
- Grain/Bread
- Milk
- \*\* Students must choose at least 1/2 cup of fruit or vegetable daily at lunch. \*\*

Milk Choices Offered Daily at Lunch:  
1% Low Fat White, Fat Free White,  
Fat Free Chocolate

**Daily Lunch Offerings from the Deli:**

- PBJ sandwich on WG white bread
- Wildcat Hoagie
- Chef Salad served with a Dinner Roll
- Fruited Yogurt served with Graham Crackers
- Meal Prices: Paid \$2.75 Reduced \$0.40

\*Menu subject to change\*

Food Service Director: Maria Liptak, RD  
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Phone: 570-937-3085

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**Nutrition Tip of the Month**

Ring in a healthy new year by teaching kids the importance of food nutrition and eating skills.

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<p>17 <b>LGI</b> WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato shapes Tossed garden salad Pear slices Fresh apple</p> <p><b>GYM</b> BBQ pork riblet on a wheat bun Emoticon mashed potato shapes Tossed garden salad Pear slices Fresh apple</p>	<p>18 <b>LGI</b> WG rotini with meat sauce served with a wheat breadstick Steamed green beans Romaine salad with chick peas Pineapple tidbits Fresh apple</p> <p><b>GYM</b> WG cheese calzone Steamed green beans Romaine salad with chick peas Pineapple tidbits Fresh apple</p>	<p>19 <b>LGI</b> <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p> <p><b>GYM</b> Hot-N-spicy chicken patty on a wheat bun Hash brown patty Applesauce cup 100% orange juice</p>	<p>20 <b>LGI</b> Turkey with gravy over a biscuit Mashed potatoes with gravy Buttered corn Holiday sugar cookie Apple slices</p> <p><b>GYM</b> WG meatball and cheese stuffed croissant Buttered corn Tossed garden salad Holiday sugar cookie Apple slices</p>	<p>21 <b>Early Dismissal</b> <b>LGI</b> Big Daddy WG cheese pizza slice California vegetable blend Celery sticks Peach slices Petite banana</p> <p><b>GYM</b> Bacon cheeseburger on a wheat bun California vegetable blend Celery sticks Peach slices Petite banana</p>

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