

**LUNCH**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WEEK 1</p> <p><b>JAN 1-5</b></p>	<p><b>WINTER BREAK</b></p>		<p>Chicken Tacos</p> <p>1 tortilla 1.5 of Diced Chicken, 1 oz. WG Mexican Rice w/.05 oz Black Beans</p> <p>1 Cup Mixed Green Salad .5 oz Dressing</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p>	<p>2 oz. Country Chicken Patty w/.05 oz Brown Gravy</p> <p>4oz. White Beans</p> <p>3/4 cup Green Beans</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p> <p>WG Bread</p>	<p>Chicken Alfredo</p> <p>2 oz. Diced Chicken 2oz. Noodle's with .05 oz of Alfredo Sauce</p> <p>3/4 cup Peas with Pearl Onions</p> <p>1- Cup Mixed Blend Green Salad</p> <p>1- each WW Roll</p> <p>1/2 cup Fresh Fruit, 8 oz Milk</p>	
<p>WEEK 2</p> <p><b>JAN 8-12</b></p>	<p>3 oz. Salisbury Steak w/Brown Gravy</p> <p>2 oz. Mac &amp; Cheese</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p>	<p>Spaghetti with Meatballs</p> <p>2-1oz. Meatball</p> <p>2 oz. Spaghetti w/1oz. Marinara</p> <p>1/2 cup Fresh Fruit</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>8 oz. Milk</p> <p>WG Bread</p>	<p>Taco Salad</p> <p>3 oz. Ground Turkey Meat , 1 oz Cheese Sauce</p> <p>1 oz. Tortilla Chips, 2 oz. WG Spanish Rice</p> <p>1 oz. Shredded Lettuce</p> <p>.05 oz. Tomato Salsa</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p>	<p>Pizza Day</p> <p>4 oz. Individual Cheese Pizza</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p> <p>WG Bread</p>	<p>3 oz. Crispy Fish Patty</p> <p>1-cup Roasted Sweet Potatoes</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p> <p>WG Bread</p>	
<p>WEEK 3</p> <p><b>JAN 15-19</b></p>	<p>Spaghetti with Meat Sauce</p> <p>3 oz. Spaghetti w/ 1 oz. Meat Sauce</p> <p>3/4 cup California Blend</p> <p>1/2 cup Sliced Oranges</p> <p>8 oz. Milk</p> <p>WG Garlic Bread</p>	<p>Chicken Patty</p> <p>2 oz. Chicken</p> <p>2oz. Broccoli &amp; 2oz. WG Rice</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>8 oz. Milk</p> <p>1/2 cup Fresh Fruit</p>	<p>Crockpot Cheeseburger</p> <p>2 oz. Crock Pot Cheese Burger</p> <p>WG Bun</p> <p>1 Cup Mixed Green Salad .5 oz Dressing</p> <p>1/2c Carrot Coins</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p>	<p>4 oz. Pulled Chicken</p> <p>3/4 cup California Veggie Blend</p> <p>1 Cup Mixed Green Salad .5 oz Dressing</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p> <p>WG Bread</p>	<p>Taco Salad</p> <p>3 oz. Turkey Taco Salad (Cheese Sauce)</p> <p>1 oz. Tortilla Chips, 2 oz. WG Spanish Rice</p> <p>1 oz. Shredded Lettuce</p> <p>.05 oz. Tomato Salsa</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p>	
<p>WEEK 4</p> <p><b>JAN 22-26</b></p>	<p>Chicken Alfredo</p> <p>2 oz. Diced Chicken 2oz. Noodle's with .05 oz of Alfredo Sauce</p> <p>3/4 cup Peas with Pearl Onions</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>WW Bread</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p>	<p>Hamburger Day</p> <p>4 oz. Hamburger on the 1 oz. WG Bun</p> <p>2 oz. Mac w/1 oz Cheese Sauce</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2 cup Mixed Fruit</p> <p>8 oz. Milk</p>	<p>2 oz. Turkey Corn Dogs</p> <p>1/4c. Baked Beans</p> <p>3/4 cup Carrots</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p> <p>WG Garlic Bread</p>	<p>3 oz. Salisbury Steak w/Brown Gravy</p> <p>2 oz. Mac &amp; Cheese</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p>	<p>2 oz. BBQ Chicken Legs</p> <p>1/4c. Baked Bean</p> <p>1 each 3/4 cup Corn on the Cob</p> <p>1/2 cup Fresh Fruit</p> <p>8 oz. Milk</p> <p>WG Garlic Bread</p>	
<p>WEEK 5</p> <p><b>JAN 29-FEB 2</b></p>	<p>4 oz. Pulled Chicken</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2C Baked Beans</p> <p>WG Bun</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p>	<p>2 oz. Corn Dogs</p> <p>2 oz. Brown Rice</p> <p>3/4 cup Carrots</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p>	<p>2 oz. Sloppy Joes, 1 oz. WW Bun</p> <p>1 cup Oven Baked Potatoe Wedge</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p>	<p>Chili Hot Dog</p> <p>Lays Potato Chips</p> <p>1/2 cup Carrots &amp; Celery</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p>	<p>3 oz. Crispy Fish Patty</p> <p>1-cup Roasted Potatoes</p> <p>1C Mixed Green Salad .5 oz Dressing</p> <p>WG Bread</p> <p>1/2C Fresh Fruit</p> <p>8 oz. Milk</p>	