

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Nutritional Info

	1 No School Winter Break	2 No School Winter Break	3 No School Winter Break	4 No School Winter Break	
7 Chicken Nuggets Or <b>Black Bean Veggie Burger</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	8 Baked Fish Sandwich Or Macaroni & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	9 Meatball Sub Or <b>Veggie Nachos w. Rice &amp; Beans</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 Roasted Turkey w. Mashed Potatoes & Gravy or Pasta Primavera Steamed Green Beans Cranberry Sauce Ice Cold Milk Pint	11 DoughBros' Cheese Or Veggie Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Calories: 640 Protein (g): 18 Carbs (g): 40 Total Fat (g): 8
14 Sloppy Joe Sandwich Or <b>Veggie Bowl w. Rice &amp; Beans</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 <b>Chicken Fajitas</b> Or Pasta w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	16 <b>Chili Beef Bowl</b> Or <b>Vegetarian Chili</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 Whole Grain French Toast Turkey Sausage Or Breakfast Sandwich Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	18 DoughBros' Cheese Or <b>Sausage</b> Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Calories: 646 Protein (g): 21 Carbs (g): 40 Total Fat (g): 9
21 No School Martin Luther King Day	22 Baked Chicken Sandwich Or Three Cheese Calzone Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	23 All Beef Hot Dog Or <b>Stuffed Shells</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	24 <b>Chicken Teriyaki Bowl</b> or <b>Tofu Teriyaki Bowl</b> w. <b>Brown Rice</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	25 DoughBros' Cheese Or Veggie Pizza Or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Calories: 643 Protein (g): 20 Carbs (g): 42 Total Fat (g): 8
28 Chicken Tenders Or <b>Vegetarian Lasagna</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	29 Taco Tuesday Or <b>Veggie Tacos</b> w. <b>Rice, Beans, Salsa, &amp; Sour Cream!</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	30 Barbeque Chicken Sandwich Or <b>Black Bean Veggie Burger</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	31 Mmmburger w. Cheese Or <b>Pesto Pasta</b> Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint		Calories: 643 Protein (g): 20 Carbs (g): 44 Total Fat (g): 9



**Did You Know:**

**Tomatoes** are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.



They are also a great source of vitamin C, potassium, folate and vitamin K!