

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WINTER BREAK- NO SCHOOL <span style="float: right;">2</span></p>	<p>TEACHER INSERVICE DAY- NO SCHOOL <span style="float: right;">3</span></p>	<p>BBQ Rib Patty on a whole Grain bun <span style="float: right;">4</span>                      Scalloped Potatoes                      Rosy Applesauce                      Juice Bar                      Milk</p>	<p>Macaroni &amp; Cheese <span style="float: right;">5</span>                      Little Smokies                      Cherry tomatoes/carrots/salad                      Orange wedges                      Hot roll                      Milk, Variety</p>	<p>Hamburger on a Whole Grain Bun <span style="float: right;">6</span>                      Lettuce, pickles                      Baked Fries                      Cherry Crisp                      Milk, Variety</p>
<p>Corndog (reduced fat turkey) <span style="float: right;">9</span>                      Potato Shapes                      Carrots with Ranch                      Strawberries                      Milk, Variety</p>	<p>Chicken Patty on a Whole Grain Bun/Lettuce, pickles <span style="float: right;">10</span>                      Tri-Tater                      Sliced Peaches                      Pudding with vanilla wafers                      Milk, Variety</p>	<p>Steak Fingers <span style="float: right;">11</span>                      Cheddar Ranch Mashed Potatoes                      Fresh Grapes                      Hot Roll                      Milk, Variety</p>	<p>Pasta with meat sauce <span style="float: right;">12</span>                      Green Salad with spinach and with Ranch Dressing                      Fruit: Orange wedges                      Breadstick                      Milk, Variety</p>	<p>Chicken Wrap: (crispy chicken Strips, lettuce, cheese, tomato in A tortilla) <span style="float: right;">13</span>                      Tri-tater                      Banana,                      Snack Mix</p>
<p>MARTIN LUTHER KING JR. DAY <span style="float: right;">16</span>                       NO SCHOOL</p>	<p>Breaded Steak Sandwich(on whole grain bun) <span style="float: right;">17</span>                      Potato Shapes (baked)                      Lettuce, sliced pickles                      Fruit: peaches &amp; pears                      Milk, Variety</p>	<p>Chicken Alfredo: <span style="float: right;">18</span>                      Grilled chicken &amp; noodles with Alfredo sauce                      Green Salad with Spinach                      Mandarin Oranges                      Breadstick                      Milk, Variety</p>	<p>Make your own soft taco day <span style="float: right;">19</span>                      Refried beans                      Fruit: Fresh Apples*                      Tortilla Chips &amp; salsa                      Milk, Variety</p>	<p>Chicken Strips <span style="float: right;">20</span>                      Macaroni &amp; Cheese                      Green Beans                      Fruit salad with cherries                      Hot Roll                      Milk, Variety</p>
<p>Hot Ham &amp; Cheese Whole Grain Bun <span style="float: right;">23</span>                      Baked Potato Wedges                      Broccoli &amp; Cauliflower florets                      Fruit: Bananas                      Milk, Variety</p>	<p>Taco Burger on a whole grain bun, with lettuce &amp; cheese <span style="float: right;">24</span>                      Corn &amp; Lima Beans                      Tortilla chips with salsa                      Applesauce                      Milk</p>	<p>Chili <span style="float: right;">25</span>                      Crackers, cheddar cheese portion                      Relishes: carrots/celery                      Orange wedges                      Homemade cinnamon roll                      Milk, Variety</p>	<p>Pizza <span style="float: right;">26</span>                      Corn                      Salad with ranch dressing                      Applesauce                      Breadstick                      Milk, Variety</p>	<p>Cheeseburger on a Whole Grain Bun <span style="float: right;">27</span>                      Lettuce, pickles                      Baked Fries                      Peach Slices                      Cookie                      Milk, Variety</p>
<p>Burrito <span style="float: right;">30</span>                      (MS/HS served with chili/cheese)                      Buttered Corn                      Hot Spiced Apples                      Tortilla Chips/salsa                      Milk, Variety</p>	<p>Corndog (reduced fat turkey) <span style="float: right;">31</span>                      Potato Shapes                      Strawberries &amp; Sugar Cookie                      Milk, Variety</p>	<p><b>School Information:</b></p> <ul style="list-style-type: none"> <li>Featured food item of the month: fruit and vegetable snack program serving Ruby Red Grapefruit portions</li> </ul>		

**NUTRITION TIP: Stay Active**

MyPlate recommends making physical activity a regular part of the day

- At Home
- At Work
- At Play



**School Information:**

- Winfield Middle and High School Students are starting a new "Power meal" option- for \$1.75. Students may choose 2 additional meal items with their first tray (ex: second entrée & milk). This may be added to their meal account if they keep a positive balance on their account.