



# January 2019

**HARVEST MONTH:  
Carrots**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<b>1</b> <u>Happy New Year</u>	<b>2</b> <u>Homemade Waffle Bar</u> Fruit Toppings, Syrup & Butter Chicken Sausage Patties Hash Brown Pattie Fresh Apples Ice Cold Milk	<b>3</b> <u>Back Yard Burger</u> <i>Grilled Burger topped W/Cheddar Cheese, Curly Fries and BBQ Sauce</i> Garbanzo Beans Celery & Carrot Sticks Fresh Apples & Oranges Sliced Peaches & Pears Ice Cold Milk	<b>4</b> <u>Cheesy Fry Chicken Sub</u> Garden Salad Seasoned Corn Celery/Carrot Sticks Fresh Orange Apple Sauce & Peaches Ice Cold Milk					
<b>7</b> <u>4 Oz. All White Meat Chicken Breast BLT</u> Tomato & Cucumber Salad Celery & Carrot Sticks Apple Sauce & Peaches Fresh Oranges Ice Cold Milk	<b>8</b> <u>WG Warm Pretzel Roll W/Cheese Sauce</u> Steamed Broccoli Celery/Carrot Sticks Fresh Apples & Oranges Assorted cupped Fruit Ice Cold Milk	<b>9</b> <u>Homemade Waffle Bar</u> Fruit Toppings, Syrup & Butter Chicken Sausage Patties Hash Brown Pattie Fresh Apples Ice Cold Milk	<b>10</b> <u>Rotini W/Meat Sauce</u> Steamed Carrots Celery & Carrot Sticks Apple Sauce & Peaches Fresh Apples & Oranges Ice Cold Milk	<b>11</b> <u>Meatball Sub</u> Oven Baked Puffs Steamed Peas Carrot & Celery Sticks Apple Sauce & Peaches Fresh Apples Ice Cold Milk					
<b>14</b> <u>BBQ Riblet Sandwich</u> Curly Fries Carrot & Celery Sticks Fresh Apples & Oranges Sliced Peaches & Pears Ice Cold Milk	<b>15</b> <u>Hot Dog W/Baked Beans</u> Oven Baked Puffs Carrot & Celery Sticks Sliced Peaches & Pears Fresh Apples & Oranges Ice Cold Milk	<b>16</b> <u>Homemade Waffle Bar</u> Fruit Toppings, Syrup & Butter Chicken Sausage Patties Hash Brown Pattie Fresh Apples Ice Cold Milk	<b>17</b> <u>Ravioli W/Marinara</u> Steamed Broccoli Celery/Carrot Sticks Fresh Apples & Oranges Assorted cupped Fruit Ice Cold Milk	<b>18</b> <u>Back Yard Burger</u> <i>Grilled Burger topped W/Cheddar Cheese, Curly Fries and BBQ Sauce</i> Garbanzo Beans Celery & Carrot Sticks Fresh Apples & Oranges Sliced Peaches & Pears Ice Cold Milk					
<b>21</b> <u>Martin Luther King Day</u>	<b>22</b> <u>Grilled Cheese &amp; Chicken Noodle Soup</u> Garbanzo Beans Carrot & Celery Sticks Sliced Peaches & Pears Fresh Apples & Oranges Ice Cold Milk	<b>23</b> <u>Homemade Waffle Bar</u> Fruit Toppings, Syrup & Butter Chicken Sausage Patties Hash Brown Pattie Fresh Apples Ice Cold Milk	<b>24</b> <u>4 Oz. All White Meat Chicken Breast BLT</u> Tomato & Cucumber Salad Celery & Carrot Sticks Apple Sauce & Peaches Fresh Oranges Ice Cold Milk	<b>25</b> <u>Steak &amp; Cheese Sub</u> Sweet Potato Fries Celery & Carrot Sticks Apple Sauce & Peaches Fresh Oranges Ice Cold Milk					
<b>28</b> <u>Bacon Cheeseburger</u> Garden Salad Seasoned Corn Celery/Carrot Sticks Fresh Orange Apple Sauce & Peaches Ice Cold Milk	<b>29</b> <u>WG Warm Pretzel Roll W/Cheese Sauce</u> Steamed Broccoli Celery/Carrot Sticks Fresh Apples & Oranges Assorted cupped Fruit Ice Cold Milk	<b>30</b> <u>Homemade Waffle Bar</u> Fruit Toppings, Syrup & Butter Chicken Sausage Patties Hash Brown Pattie Fresh Apples Ice Cold Milk	<b>31</b>						

## More Info...

**Daily Offerings:**

- Deli Bar
- Cheese Pizza
- Pepperoni Pizza
- Buffalo Chicken Pizza
- Chicken Patty Sandwich
- Spicy Chicken Patty Sandwich
- Cheeseburger
- Hamburger
- Pizza Sticks w/sauce
- Chicken Nuggets
- Spicy Popcorn Chicken
- Steak & Cheese Wrap
- Popcorn Chicken
- Stromboli's
- Chicken Buffalo
- Chicken Parmesan
- Taco/Nacho Bar
- Pasta Bar

Paid=  
Middle-\$2.75  
High-\$3.00  
Reduced=.40

All lunches served with milk, vegetable, fruit and bread

## MIDDLE & HIGH SCHOOL LUNCH MENU



### Special News...Important Links

Nutrikids prepayment-[www.mySchoolBucks.com](http://www.mySchoolBucks.com)  
Free/Reduced Application-[www.woburnpublicschools.com](http://www.woburnpublicschools.com)  
ARAMARK Healthy For Life-[www.myhealthyforlife.com](http://www.myhealthyforlife.com)

Menus are subject to change without notice.



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