

Monday	Tuesday	Wednesday	Thursday	Friday
WG Pasta with choice of Meatballs and/or Marinara Sauce 2 Steamed zoodles Rainbow veggie bar WG garlic breadstick Fruit choice* Milk choice*	WG Chicken Tenders with assorted sauces 3 Sweet potato fries Steamed broccoli Rainbow veggie bar WG dinner roll Fruit choice* Milk choice*	Hamburger/Cheeseburger/Veggie Burger on WG Bun 4 Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Pancakes with Syrup Cheese Omelet 5 Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	WG Cheese Quesadilla 6 Assorted fresh toppings Steamed carrots Fruit choice* Milk choice*
Burrito Bowl 9 Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice*	Chicken and Alfredo Sauce with WG Pasta 10 WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	WG Primo Pizza 11 Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Sandwich 12 Baked butternut squash Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	WG Shrimp Poppers Three Cheese Cavatappi Mac 13 Steamed carrots Rainbow veggie bar Fruit choice* Milk choice*
Chicken Parmesan with WG Pasta 16 Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	WG Chicken Enchiladas 17 Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice*	WG Cinnamon Roll Egg Bites with Bacon Bits (Pork) and Cheese 18 Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice* Milk choice*	Pretzel Dog 19 Oven baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	Ferndale Turkey Breast 20 Mashed potatoes and gravy Steamed peas Peach Cobbler Dinner roll Rainbow veggie bar Fruit choice* Milk choice*
23	24	25	26	27
No School Winter Break	No School Winter Break	No School Winter break	No School Winter Break	No School Winter Break
30	31			
No School Winter Break	No School Winter Break			

Sandwich/Wrap choices: Daily features listed on the School District Child Nutrition Website.

Salad Choice: Daily features listed on the School District Child Nutrition Website.

Grill'd Greats Alternative Hot Entree: Daily features listed on the School District Child Nutrition Website.

Free Meals for All Students



- ◆ **Free Meals** All students enrolled in the school district can receive one free breakfast meal and one free lunch meal every day.
- ◆ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.00 per meal.
- ◆ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.