

JANUARY 2019

Mt Everett Regional

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternative Lunches
	1 Happy New Years Day!!! No School	2 Hamburger or Cheeseburger with Garlic-Parm French Fries	3 Taco Salad	4 Hot Dog with Baked Beans	Monday-Wednesday-Friday Fresh Baked Pizza Tuesday-Thursday Chicken Patty Sandwich Daily-Deli Sandwich or Chef Salad
7 Pulled Pork Sandwich with Tater Tots	8 Meatball Sub	9 Spicy Chicken Patty Sandwich	10 Cheese or Chicken Bacon Ranch Pizza	11 General Tso's Chicken with Stir-Fry Rice	Whats Included in Your Lunch? A Choice of Flavored & Non-Flavored Skim Milk 1% Unflavored Milk 4oz Fruit Juice , Fresh Fruit, and Vegetable
14 Hamburger or Cheeseburger with Garlic-Parm French Fries	15 Grilled Cheese and Tomato Soup	16 Soft Shell Taco with Refried Beans	17 Turkey, Cranberry Sauce, Corn Bread, Steamed Vegetables	18 Half Day Grab and Go Available	Daily Variety of Fruits and Vegetables ~Apple, Orange, Banana, Special Fruit ~Mesclun, Broccoli, Cauliflower, Tomato, Cucumber, Carrot, Celery
21 Martin Luther King Jr. Day No School	22 Chicken Patty Sandwich with BBQ Fries	23 Ravioli's with Marinara Sauce	24 Stuffed French Toast with Sausage	25 Cheese or Buffalo Chicken Pizza	Lunch Prices Paid-\$3.10 Reduced -\$0.40 Milk-\$0.50
28 Meatball Sub	29 Hot Dog with Baked Beans	30 General Tso's Chicken with Stir-Fry Rice	31 Grilled Cheese and Tomato Soup with W.G. Cookie		Make Sure to Complete Your Free and Reduced Application for School Year 2018-2019



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