

JANUARY

SPRING LAKE PARK SCHOOL DISTRICT
WESTWOOD INTERMEDIATE & MIDDLE SCHOOLS

ADD COLOR TO YOUR TRAY.
ADD COLOR TO YOUR DAY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>School Not in Session</p>	<p>3 Breakfast – Egg Wrap Chicken Tenders Mashed Potatoes w/Gravy California Vegetable Blend Fruit Choice</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Cup of Soup w/Deli Sandwich</p>	<p>4 Breakfast – Hot Cereal w/Granola Baked Potato Bar or Beef Hot Dog Cup of Chili w/Goldfish Crackers Steam Broccoli w/Shredded Cheese Fruit Choice Cornbread w/Honey</p> <p>INT Alt – PB&J or Cheese Stick MS Alt – Potato Bar w/Topping</p>	<p>5 Breakfast – Bagel w/Cream Cheese Curly Pasta w/Spaghetti Sauce Fresh Spinach Salad w/Dressing Fruit Choice Garlic Breadstick</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – French Dip Sandwich</p>	<p>6 Breakfast – Berry Breakfast Bar Hot *Ham or Turkey and Cheese Sandwich Sun Chips Fresh Vegetables w/Dip Fruit Choice</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Spicy Chicken Sandwich</p>
<p>9 Breakfast - *Breakfast Pizza Beefy Noodle Hot Dish or Grilled Chicken Breast Sandwich Corn Fruit Choice Whole Grain Dinner Roll Fresh Baked Cookie INT Alt – PB&J w/Cheese Stick MS Alt – Cup of Soup w/Deli Sandwich</p>	<p>10 Breakfast – Fruit Frudel Slice of Pizza – Cheese or *Pepperoni Caesar Salad Fruit Choice Mini Muffin</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Chicken Caesar Salad</p>	<p>11 Breakfast – Yogurt Cup w/Muffin Taco Salad w/Chips Assorted Toppings Spanish Rice w/Beans Fruit Choice</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Chicken Bites of Fire</p>	<p>12 Breakfast – Belgian Waffle Hot Egg and Cheese Sandwich or Fruit and Yogurt Parfait *Sausage Links Tri Patty Hashbrowns Fresh Vegetables w/Dip Fruit Choice INT Alt – Hamburger on a Bun MS Alt – Hamburger on a Bun</p>	<p>13 Breakfast - *Hot Ham and Cheese Bagel Tangy Teriyaki Chicken Stir Fry or Chef Salad White Rice Stir Fry Vegetable Blend Fruit Choice Mini Vegetable Egg Roll INT Alt – PB&J w/Cheese Stick MS Alt – Mashed Potato Bar w/Chili</p>
<p>16</p> <p>School Not in Session</p>	<p>17 Breakfast – Scrambled Eggs w/Toast Chicken Parmesan over Curly Pasta Green Beans Garlic Toast Fruit Choice</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Salad Bar</p>	<p>18 Breakfast – Hot Cereal w/Granola Cheeseburger on Bun Assorted Toppings Oven Potatoes Fresh Vegetable w/Dip Fruit Choice</p> <p>INT Alt – *Turkey, Bacon & Ranch Wrap MS Alt - *Turkey, Bacon & Ranch Wrap</p>	<p>19 Breakfast – Cinni Mini’s Grilled Chicken or Cheese Quesadilla Assorted Toppings Spanish Rice Corn Fruit Choice</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Chicken Chow Mein</p>	<p>20 Breakfast – Berry Breakfast Bar Honey BBQ Chicken Bites Macaroni and Cheese Baked Beans Confetti Coleslaw Fruit Choice</p> <p>INT Alt – Corn Dog MS Alt – Corn Dog</p>
<p>23 Breakfast – French Toast Sticks French Dip Sandwich w/au jus or Chicken Caesar Wrap Italian Pasta Salad Fresh Vegetables w/Dip Fruit Choice INT Alt – PB&J w/Cheese Stick MS Alt – Bosco Pizza Sticks</p>	<p>24 Breakfast – Egg Wrap Italian Cheese Bread w/Dipping Sauce Cup of Soup w/Crackers Tossed Salad w/Dressing Fruit Choice</p> <p>INT Alt – Chicken Caesar Salad MS Alt – Chicken Caesar Salad</p>	<p>25 Breakfast – Yogurt Cup w/Muffin Tater Tot Hot Dish Hot Vegetable Choice Fruit Choice Dinner Roll Ice Cream Cup INT Alt – Breaded Chicken Sandwich w/Tater Tots MS Alt – Breaded Chicken Sandwich w/Tater Tots</p>	<p>26 Breakfast – Belgian Waffle Savory Meatballs Mashed Potatoes w/Gravy Peas Fruit Choice Petite Biscuit INT Alt – PB&J w/Cheese Stick MS Alt – Oven Breaded Chicken</p>	<p>27</p> <p>School Not in Session</p>
<p>30 Breakfast - *Breakfast Bagel Mandarin Orange Chicken White Rice Mixed Vegetables Fruit Choice Fortune Cookie INT Alt – PB&J w/Cheese Stick MS Alt – Cup of Soup w/Wrap Sandwich</p>	<p>31 Breakfast – Fruit Frudel Mini Pancakes *Sausage Links Oven Potatoes Fruit Choice</p> <p>INT Alt – PB&J w/Cheese Stick MS Alt – Roast Turkey w/Mashed Potatoes and Gravy</p>	<p>*Denotes may contain pork. Menu subject to change due to product availability.</p>	<p>Breakfast – Available Daily: Fruit or 100% Fruit Juice 1%, Skim or Skim Chocolate Milk Alternate Choice is Cold Cereal w/Toast or Bagel</p>	<p>Lunch – Available Daily: 1%, Skim or Skim Chocolate Milk Fruit Choice – Fresh and Canned Bread Basket</p>

Make colorful choices. Everyday.

