





<p><b>School Delay? Need Breakfast? No Problem.</b></p> <p>WPS all serve hot breakfast on school days with one hour delays. In the event of a two hour delay-breakfast may be served, Lunch will follow the regular schedule on those days.</p>	<p><b>January- Oatmeal Month</b></p> <p>Did you know that oats, along w/wheat, corn and rice, are among the most common Whole Grains eaten in America? Like other Whole Grains, oats can enhance Digestive health, help you maintain a healthy weight and reduced the risk of heart disease, some cancers and diabetes.</p>	<p><b>Why is Breakfast Important?</b></p> <ul style="list-style-type: none"> <li>•Breakfast is essential to "waking up" your brain and body</li> <li>•Studies have shown that hungry students do not learn well.</li> </ul> <p><b>What is School Breakfast?</b></p> <p>Breakfast is available at all Schools. Breakfast served at school meets one-fourth of a child's daily nutritional needs.</p>	<p>Offered Daily:</p> <p><i>Chef Salad</i> <i>PB &amp; J Uncrustable</i> <i>Combo Meal</i> <i>Raw Veggies</i></p> <p><b>Al-la-Carte Items:</b></p> <p><i>Chips - \$.75</i> <i>Ice Cream - \$.75</i> <i>Water - \$1.00</i> <i>Switch Juices - \$1.00</i> <i>Fruits &amp; Veggies - \$.75</i></p>	<p>Offered:</p> <p><b><i>Lettuce/Tomato/Pickle w/Subs/Sandwiches Days</i></b></p> <p style="text-align: center;"><b><i>BABY 173 AND OUTSIDE</i></b></p> 
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>Professional Workday For Staff! No School For Students!</b></p> 	<p><b>3</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p>Popcorn Chicken Cheesesteak Sub</p>  <p>Steamed Peas Fries Fresh or Chilled Fruit Milk</p>	<p><b>4</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p>Spaghetti w/Meat Sauce &amp;Garlic Toast Turkey 'N' Cheese Sub</p> <p>Steamed Broccoli Fresh Garden Salad Fresh or Chilled Fruit Milk</p>	<p><b>5</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p>Taco Boat w/ Toppings Pulled Pork BBQ on Bun Black Beans/Salsa Cup Buttered Corn Coleslaw Fresh or Chilled Fruit Milk</p>	<p><b>6</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p>Pizza Variety Hot Veg Fruit Salad Milk</p>

**Each Lunch includes a Choice of Milk - 8 fl oz- Fat free White, 1% White Milk, Fat Free Chocolate**

<p><b>9</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p><i>Cheeseburger on a Bun</i> <i>Hot Dog on Bun</i> <i>Fries</i> <i>Steamed Broccoli</i> <i>Fruit Cups</i> <i>Milk</i></p>	<p><b>10</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p><i>Chicken Crispers</i> <i>Mashed Potatoes</i> <i>Buttered Corn</i> <i>Fruit Cups</i> <i>Milk</i></p>	<p><b>11</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p><i>Beefy-Mac "n Cheese</i> <i>Green Beans</i> <i>Side Salad w/Tomato</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i></p>	<p><b>12</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p><i>Herb Baked Chicken w/Roll</i> <i>Pulled Pork BBQ on Bun</i> <i>Brown Beans</i> <i>Coleslaw</i> <i>Fries</i> <i>Fruit Cup</i> <i>Milk</i></p>	<p><b>13</b></p> <p><b>CHOOSE 1 ENTRÉE</b></p> <p><i>Pizza Variety</i> <i>Hot Veg</i> <i>Fruit Salad</i> <i>Milk</i></p>
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<b>PAYMENT INFORMATION:</b>		<p>*Menu subject to change due to any unforeseen circumstances.</p> 	
<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>		
FULL PAY	\$1.50 daily/\$7.50 weekly		\$2.55 daily/\$12.75 weekly
REDUCED PRICE	\$0.30 daily/&1.50 weekly		\$0.40 daily/\$2.00 weekly
ADULT MILK	\$1.90 \$0.50		\$3.40 \$0.50

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 FOR QUICK & EASY ONLINE PAYMENTS - VISIT [www.myschoolbucks.com](http://www.myschoolbucks.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b>  <b>HOLIDAY!</b> <b>NO SCHOOL FOR STUDENTS AND STAFF</b>  	<b>17</b> <b>CHOOSE 1 ENTRÉE</b> <i>Crispy Chicken Sandwich</i> <i>Fries</i> <i>Green Beans</i> <i>Fruit Cup</i> <i>Milk</i>	<b>18</b> <b>CHOOSE 1 ENTRÉE</b> <i>Neat-O Nachos</i> <i>Pulled Pork BBQ on Bun</i> <i>Black Beans &amp; Salsa</i> <i>Coleslaw</i> <i>Buttered Corn</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	<b>19</b> <b>CHOOSE 1 ENTRÉE</b> <i>Steak n' Gravy w/Roll</i> <i>Mashed Potatoes</i> <i>Hot Veggie Blend</i> <i>Peaches</i> <i>Milk</i>	<b>20</b> <b>CHOOSE 1 ENTRÉE</b> <i>Pizza Variety</i> <i>Hot Veg</i> <i>Fruit Salad</i> <i>Milk</i>
<b>23</b> <b>CHOOSE 1 ENTRÉE</b> <i>Cheeseburger on a Bun</i> <i>Hot Dog on Bun</i> <i>Fries</i> <i>Steamed Broccoli</i> <i>Fruit Cups</i> <i>Milk</i>	<b>24</b> <b>CHOOSE 1 ENTRÉE</b> <i>Chicken Crispers</i> <i>Mashed Potatoes</i> <i>Steamed Peas</i> <i>Fruit Cups</i> <i>Milk</i>	<b>25</b> <b>CHOOSE 1 ENTRÉE</b> <i>Spaghetti w/Meat Sauce &amp; Garlic Toast</i> <i>Steamed Broccoli</i> <i>Fresh Garden Salad</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	<b>26</b> <b>CHOOSE 1 ENTRÉE</b> <i>Beef &amp; Cheese Burrito</i> <i>Italian Slammer Sub</i> <i>Buttered Corn</i> <i>Black Beans &amp; Salsa</i> <i>Fruit Cups</i> <i>Milk</i>	<b>27</b> <b>CHOOSE 1 ENTRÉE</b> <i>Pizza Variety</i> <i>Hot Veg</i> <i>Fruit Salad</i> <i>Milk</i>
<b>30</b> <b>CHOOSE 1 ENTRÉE</b> <i>Chicken Taco Salad</i> <i>Italian Dunkers</i> <i>Fries</i> <i>Steamed Broccoli</i> <i>Fruit Cups</i> <i>Milk</i>	<b>31</b> <b>CHOOSE 1 ENTRÉE</b> <i>Grilled Cheese w/Soup</i> <i>Pull Pork BBQ w/ Creamy Coleslaw</i> <i>Mixed Vegetables</i> <i>Fruit Cups</i> <i>Milk</i>	 <p><b>A complete lunch is:</b>  <b>1 protein/grain entrée, 1/2 cup fruit, 3/4 cup vegetables &amp; half-pint of milk.</b>  <b>Students may select less food, but must be served at least 1/2 cup fruit or vegetable with lunch each day.</b></p> <p><b>We source local products when seasonally available. All of our salads are prepared with locally grown lettuces.</b></p>		

2 Week Cycle Menu Breakfast

<b>Mon</b> <b>Tony's Breakfast Pizza</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	<b>Mon</b> <b>Mini Pancakes</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
<b>Tues</b> <b>Egg N'Cheese Biscuit</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	<b>Tues</b> <b>Hot Oatmeal</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
<b>Wed</b> <b>Muffin w/String Cheese</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	<b>Wed</b> <b>Pancake &amp; Sausage Nugget</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
<b>Thurs</b> <b>Cherry Frudel</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	<b>Thurs</b> <b>Mini Pull-Apart Strawberry Bagel</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
<b>Fri</b> <b>Apple Breakfast Bun Bites</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	<b>Fri</b> <b>Chicken or Sausage Biscuit</b> <i>Fresh Fruit or 100% Fruit Juice, Milk</i>

**Offered Daily:** Assorted Whole Grain Cereals w/Grahams or Toast, Fruited Yogurt w/Grahams, Fruited Parfait w/Granola

Breakfast Bars serve w/ Fruited Yogurt or String Cheese,

**Menu Varies For Schools serving Breakfast in the Classroom!**

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