



**School Information:** Roland-Story CSD is an equal opportunity provider/employer.



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**Milk offered daily:**  
White, Chocolate, and Strawberry Skim Milk  
White 1% Milk

Spaghetti W/Meat Sauce **1**  
Breadstick  
Green Beans  
Applesauce  
Milk

Cheeseburger **2**  
Fries  
Peaches  
Milk

Sliced Ham **3**  
Au Gratin Potatoes  
Peas and Carrots  
Pears  
Milk

Popcorn Chicken **6**  
Green Beans  
Mixed Fruit  
Milk

Chicken Tacos **7**  
Corn  
Diced Mango  
Milk

Cruncher Cheese Pizza **8**  
Romaine Salad  
Pears  
Milk

Grilled Cheese **9**  
Tomato Soup  
Baby Carrots  
Apple Slices  
Milk

Pork Fritter Sandwich **10**  
Peas  
Mixed Fruit  
Milk

Hot Ham & Cheese **13**  
Sandwich  
Green Beans  
Mandarin Oranges  
Milk

Turkey Taco Nachos **14**  
Corn  
Peaches  
Milk

Orange Chicken **15**  
Fried Rice  
Steamed Broccoli  
Mixed Fruit  
Milk

Stuffed Crust Cheese Pizza **16**  
Romaine Salad  
Apple Slices  
Milk

French Toast Sticks **17**  
Sausage Links  
Hash Brown  
Orange Slices  
Milk

Cheesy Pull Apart Bread **20**  
Marinara Sauce  
Green Beans  
Peaches  
Milk

Corndog **21**  
Mixed veggies  
Pineapple  
Milk

Ham Sub **22**  
Sun Chips  
Applesauce Cup  
Baby Carrots w/Ranch  
Milk

**NO SCHOOL** **23**  
**Winter Break**

**NO SCHOOL** **24**  
**Winter Break**

**NO SCHOOL** **27**  
**Winter Break**

**NO SCHOOL** **28**  
**Winter Break**

**NO SCHOOL** **29**  
**Winter Break**

**NO SCHOOL** **30**  
**Winter Break**

**NO SCHOOL** **31**  
**Winter Break**