



# January 2009



MYSTIC VALLEY REGIONAL CHARTER SCHOOL  
4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
	<h2 style="color: blue;">WINTER BREAK</h2>			
<b>RICE BOWL W/SWEET &amp; SOUR CHICKEN &amp; VEGETABLES</b> Frozen Juice Bar Fiesta Sprinkle Cookie Milk 	<b>MEATLOAF WITH GRAVY</b> Mashed Potatoes Apple Juice Wheat Bread (2) Margarine (2) Milk	<b>ROTINI BAKE</b> Green Beans Diced Pears Soft Breadstick Sugar Cookie Milk	<b>NEW! POPCORN CHICKEN WITH POTATO STARS</b> Chilled Peaches Corn Muffin Margarine (2) BBQ Sauce Ketchup Milk 	<b>CHEESE PIZZA</b> Blended Fruit Juice Fresh Fruit Munchies Mix Milk
<b>CHEESE QUESADILLA</b> Fiesta Corn Frozen Juice Bar Taco Sauce Milk	<b>RIB-B-QUE</b> Potato Stars Grape Juice Hamburger Bun Ketchup (2) Mini Pretzels Milk 		<b>CHICKEN TENDERS WITH POTATO WEDGES</b> Strawberry Applesauce Wheat Bread (2) Margarine (2) BBQ Sauce Ketchup Milk	<b>PIZZA DIPPERS</b> Marinara Dipping Sauce Fresh Fruit Jungle Crackers Milk 
<b>Martin L. King Day</b> 	<b>CHICKEN NUGGETS WITH HASH BROWNS</b> Frozen Juice Bar Corn Muffin Margarine BBQ Sauce Ketchup Milk	<b>PATTY MELT SANDWICH</b> Whole Kernel Corn Orange Pineapple Juice Ketchup Cheetos Cracker Trax Milk 	<b>TERIYAKI GLAZED CHICKEN WITH FRIED RICE</b> Garden Vegetables Mixed Fruit Cup Wheat Bread (2) Margarine (2) Milk	<b>PEPPERONI PIZZA</b> Fresh Fruit Grape Juice Oatmeal Cookie Milk
<b>SPAGHETTI WITH MEATSAUCE</b> Garden Vegetables Frozen Juice Bar Garlic Bread Milk 	<b>BEEF HOT DOG WITH TRI TATORS</b> Blended Fruit Juice Hot Dog Bun Mustard Ketchup (2) Honey Wheat Pretzels Milk	<b>CHICKEN TENDERS WITH POTATO WEDGES</b> Chilled Peaches Wheat Bread (2) Margarine (2) BBQ Sauce Ketchup Milk	<b>SALISBURY STEAK WITH GRAVY</b> Mashed Potatoes Diced Pears Wheat Bread (2) Margarine (2) Milk	<b>CHEESE PIZZA</b> Fresh Fruit Apple Cranberry Juice Multi Grain Sun Chips Milk 

"This institution is an equal opportunity provider." \*\*\*Menu Subject to change. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef and cheese contain naturally occurring trans fat which is not harmful.