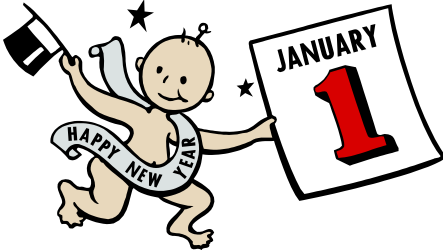
 <p><b>HAPPY 2013</b> FRESH START CENTER</p>		<p><b><u>Wednesday, Jan. 2</u></b> Corndog</p> <p>Applesauce Fruit Navy Beans Stewed Tomatoes</p> <p>Choice of Cold Milk</p>	<p><b><u>Thursday, Jan. 3</u></b> Fish Sticks/WG Roll</p> <p>Peaches Fruit Kale Yams</p> <p>Choice of Cold Milk</p>	<p><b><u>Friday, Jan. 4</u></b> WG Pepperoni Pizza</p> <p>Pineapple Fruit Corn Green Beans</p> <p>Choice of Cold Milk</p>
<p><b><u>Monday, Jan. 7</u></b> Hotdog/ WG Bun</p> <p>Peaches Fruit Baked Beans Sweet Potato Fries</p> <p>Choice of Cold Milk</p>	<p><b><u>Tuesday, Jan. 8</u></b> Hamburger/WG Bun</p> <p>Fresh Pear Applesauce French Fries Broccoli</p> <p>Choice of Cold Milk</p>	<p><b><u>Wednesday, Jan. 9</u></b> WG Spaghetti w/Meat Sauce w/WG Roll</p> <p>Mandarin Oranges Fresh Banana Corn Baby Carrots</p> <p>Choice of Cold Milk</p>	<p><b><u>Thursday, Jan. 10</u></b> BBQ/ WG Swirl Roll</p> <p>Fresh Apple Pears Coleslaw Chilled Beets</p> <p>Choice of Cold Milk</p>	<p><b><u>Friday, Jan. 11</u></b> WG Cheese Pizza</p> <p>Pineapple Fresh Orange Sliced Carrots Green Peas</p> <p>Choice of Cold Milk</p>
<p><b><u>Monday, Jan. 14</u></b> Corndog</p> <p>Apple Slices Peaches Navy Beans Stewed Tomatoes</p> <p>Choice of Cold Milk</p>	<p><b><u>Tuesday, Jan. 15</u></b> Chicken Nuggets with Brown Rice/ WG Roll</p> <p>Mixed Fruit Fresh Pear Cabbage Fresh Carrots</p> <p>Choice of Cold Milk</p>	<p><b><u>Wednesday, Jan. 16</u></b> Fish Sticks/ WG Roll</p> <p>Fresh Banana Pineapple Mixed Greens Yams</p> <p>Choice of Cold Milk</p>	<p><b><u>Thursday, Jan. 17</u></b> Ham/Cheese/WG Bun</p> <p>Fresh Apple Pears Green Beans Mashed Potatoes</p> <p>Choice of Cold Milk</p>	<p><b><u>Friday, Jan. 18</u></b></p> <p>LEE/JACKSON DAY</p>
<p><b><u>Monday, Jan. 21</u></b></p> <p>MARTIN LUTHER KING DAY</p>	<p><b><u>Tuesday, Jan. 22</u></b> Cheeseburger/WG Bun</p> <p>Fresh Pear Applesauce French Fries Broccoli</p> <p>Choice of Cold Milk</p>	<p><b><u>Wednesday, Jan. 23</u></b> WG Spaghetti w/Meat Sauce w/WG Roll</p> <p>Mandarin Oranges Fresh Banana Corn Baby Carrots</p> <p>Choice of Cold Milk</p>	<p><b><u>Thursday, Jan. 24</u></b> BBQ/ WG Swirl Roll</p> <p>Fresh Apple Pears Coleslaw Chilled Beets</p> <p>Choice of Cold Milk</p>	<p><b><u>Friday, Jan. 25</u></b> WG Cheese Pizza</p> <p>Pineapple Fresh Orange Sliced Carrots Green Peas</p> <p>Choice of Cold Milk</p>

<u><b>Monday, Jan. 28</b></u>	<u><b>Tuesday, Jan. 29</b></u>	<u><b>Wednesday, Jan. 30</b></u>	<u><b>Thursday, Jan. 31</b></u>	
PROFESSIONAL DAY	PROFESSIONAL DAY	Fish Sticks/ WG Roll  Pears Pineapple Mixed Greens Sweet Potato Fries  Choice of Cold Milk	Ham/Cheese/WG Bun  Fresh Apple Peaches Green Beans Mashed Potatoes  Choice of Cold Milk	Students may purchase meals by the day, week, month or year.  Food Service is still in need of substitutes for the cafeterias. If interested, please call 757-653-2692.

**Breakfast Menu:**

Cereal & Graham Crackers are a daily entrée choice.  
Other choice include:

Monday – Breakfast Pizza OR Yogurt/Graham Crackers  
 Tuesday – Pancake/Sausage Wrap OR Super Donut  
 Wednesday – Mini Pancakes OR WW Cinnamon Bun  
 Thursday – Sausage Patty on WG Biscuit OR Frudel  
 Friday – WG Pop Tarts OR French Toast Sticks

Fruit or Juice served daily.  
Choice of Cold Milk

**LUNCH ENTRÉE CHOICES:**

Monday – Small Chef Salad/Crackers  
 Tuesday - Pizza  
 Wednesday – Chicken Salad/Crackers  
 Thursday – Nachos/Crackers  
 Friday – Small Chef Salad/Crackers

Menus are subject to change without notice due to product availability.

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