



January Fuel Specials

January 7-11: Walking Taco Chili
January 14-18: Cheesy Bread Chili

Wheeler Lunch

January 2018

31

No School
Holiday Recess

1

No School
Holiday Recess

2

Orange Chicken w/
Broccoli & Lo Mein
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Yellow Squash

3

California Ranch
Chicken Sandwich
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Charro Beans

4

Cheesy Beef & Tater Bite
Burrito
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Fresh Spinach

7

Ham & Cheese Ciabatta
Melt
Hummus & Veggie Wrap
Chicken Taco Salad w/
Roll

Fresh Fruit & Veggie Bar
Steamed Zucchini

8

Beef Chili Mac w/ Roll
Hummus & Veggie Wrap
Chicken Taco Salad w/
Roll

Fresh Fruit & Veggie Bar
Roasted Carrots

9

Popcorn Chicken Bowl
w/ Roll
Hummus & Veggie Wrap
Chicken Taco Salad w/
Roll

Fresh Fruit & Veggie Bar
Celery Sticks

10

Bacon Cheeseburger
Hummus & Veggie Wrap
Chicken Taco Salad w/
Roll

Fresh Fruit & Veggie Bar
Kick'n Pinto Beans

11

Buffalo Chicken Calzone
Hummus & Veggie Wrap
Chicken Taco Salad w/
Roll

Fresh Fruit & Veggie Bar
Broccoli

14

Fish Patty Sandwich
Tuna Wrap
Italian Ham Salad w/
Pretzel

Fresh Fruit & Veggie Bar
Tater Tots

15

Grilled Cheese
& Tomato Soup
Tuna Wrap
Italian Ham Salad w/
Pretzel

Fresh Fruit & Veggie Bar
Green Beans

16

Monte Cristo Melt
Tuna Wrap
Italian Ham Salad w/
Pretzel

Fresh Fruit & Veggie Bar
Sweet Potatoes

17

Steak and Cheese Sub
Tuna Wrap
Italian Ham Salad w/ Pretzel

Fresh Fruit & Veggie Bar
Black Beans

18

Chicken Pasta Carbonara
Tuna Wrap
Italian Ham Salad w/
Pretzel

Fresh Fruit & Veggie Bar
Cucumber Tomato Salad

21

No School
Martin Luther King Day

22

Chicken Parmesan w/
Spaghetti
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Green Beans

23

Chili Cheese Baked
Potato w/ Pretzel
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Glazed Carrots

24

Burrito Day
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Baked Beans

25

Mac & Cheese w/ Roll
Turkey & Cheese Sub
Ham Chef Salad w/ Roll

Fresh Fruit & Veggie Bar
Mashed Potatoes w/
Gravy

28

Cheese Ravioli w/ Garlic
Bread
Chicken Salad Sub
Chicken Caesar Salad
w/ Roll

Fresh Fruit & Veggie Bar
Seasoned Fries

29

Meatball Sub
Chicken Salad Sub
Chicken Caesar Salad
w/ Roll

Fresh Fruit & Veggie Bar
Steamed Cauliflower

30

Hot Dogs
Chicken Salad Sub
Chicken Caesar Salad
w/ Roll

Fresh Fruit & Veggie Bar
Roasted Squash

31

Deli Day
Chicken Salad Sub
Chicken Caesar Salad
w/ Roll

Fresh Fruit & Veggie Bar
Campfire Beans

1

Beef Nachos w/ Rice
Chicken Salad Sub
Chicken Caesar Salad
w/ Roll

Fresh Fruit & Veggie Bar
Cucumber Tomato Salad

Josh Brochu
Food Service Director

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Local ingredients are always used when in season.
Ovo-Lacto Vegetarian, may contain Egg & Milk

Menu Subject To Change

Available Daily: Chicken patty and burgers, sunbutter and jelly sandwiches. Whole grains and fresh fruit and vegetables.
Milk – Skim and 1% milk is offered in white and flavored.
Full Price \$3.10 Reduced Price \$.40
Nutritional Messages may vary by school.