

January 2019

9-12 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Hot Dog	3 Chicken Patty	4 Taco Pizza Bite
	No Service	4 oz 100% Juice (15) ½ c Berry Cup (15) 1c BBQ Beans (45) 2 oz Turkey Hot Dog 2 oz WG Bun [2 OEG] (21) Mustard/Ketchup (3) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (28) 1c Kernel Corn (18) 2 oz Chicken Patty on WG Bun [2OEG] (19) BBQ Packet Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1c Broccoli (6) 3 Taco Pizza Bites [2MMA, 2OEG] (30) Taco Sauce Packet Milk (12)
7 Chicken Burrito	8 Cheese Pizza	9 French Toast & Sausage	10 Turkey Sandwich	11 Spaghetti & Meat Sauce
4 oz 100% Juice (15) ¼ c Craisins (28) 1c Black Beans (16) w/ 2oz Salsa 1.5 oz Chicken 0.5 oz Cheddar Cheese 10" WG Tortilla [2OEG] (34) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1c Baby Carrots (20) WG Cheese Pizza [2MMA, 2OEG] (24) Ranch Packet Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1c Tater Tots (24) 2 WG French Toast Sticks [2OEG] (22) 2 oz Turkey Sausage [2MMA] Syrup Cup (31) Ketchup Milk(12)	4 oz 100% Juice (15) ½ c Fresh Orange(15) 1c Sided Salad 1.5 oz Turkey 0.5 oz Swiss Cheese on 2 oz WG Bread [2OEG] (24) Mayo/Ranch Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1c Broccoli (6) ½ c WG Rotini [1OEG] (45) 1.5 oz Ground Beef 0.5 oz Mozzarella Cheese 2 oz Marinara Sauce 1 oz Breadstick [1OEG] (14) Milk (12)
14 Cheese Quesadilla	15 Chicken Nuggets	16 Mac n' Cheese	17 Hamburger	18 Chicken Bowl
4 oz 100% Juice (15) ¼ c Craisins (28) 1c Green Beans (10) WG Cheese Quesadilla [2MMA, 2OEG] (39) Taco Sauce Packet Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1c Hickory Beans (52) 5 WG Chicken Nuggets [2MMA, 1OEG] (34) 1oz WG Cookie [1OEG] (18) BBQ Packet Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1c Broccoli (6) 2 oz Cheese Sauce 1 c WG Rotini [2OEG] (41) 1 oz Shredded Cheese Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) 1c Diced Carrots (10) 2 oz Beef Patty 2oz WG Bun [2OEG] (19) Ketchup/Mustard Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) ½ c Mashed Potatoes (10) ½ c Kernel Corn (9) 2 oz Popcorn Chicken [2MMA, 2OEG] (14) Gravy Milk (12)
21 Salisbury Steak	22 Chicken Parmesan	23 Egg & Cheese Muffin	24 Double Stuffed Pizza	25 Cheesy Rice & Chicken
4 oz 100% Juice (15) ¼ c Craisins (28) 1c Diced Carrots (10) 2 oz Homemade Salisbury Steak w/ Gravy ½ c WG Pasta [1OEG] (45) 1 oz Graham Cracker [1OEG] (11) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1c Broccoli (6) 2 oz Chicken Breast 0.5 oz Cheese ½ c WG Penne Pasta [1OEG] (45) 1oz WG Breadstick [1OEG] (14) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1c Tater Tots (24) 1.5 oz Scrambled Egg Patty 0.5 oz American Cheese 2 oz WG English Muffin [2OEG] (24) Ketchup Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange(15) ¼ c Green Beans (7) WG Stuffed Cheese Pizza [2MMA, 2 OEG] (34) ¼ c Marinara (7) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1c Baked Beans (52) 2 oz Chicken over 1 c Cheesy Rice [2OEG] (55) Milk (12)
28 BBQ Chicken & Rice	29 Hot Dog	30 Chicken n' Biscuits	31 Turkey Dinner	
4 oz 100% Juice (15) ½ c Craisins (28) 1c Diced Carrots (10) 2 oz BBQ Chicken ½ c Brown Rice [1OEG] 1oz WG Cookie [1OEG] (18) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple(15) 1c Green Beans (10) 2 oz Turkey Hot Dog 2 oz WG Bun [2OEG] (21) Mustard/Ketchup (3) Milk (12)	4 oz 100% Juice (15) ½ c Berry Cup (15) 1 c Broccoli (6) 5 WG Chicken Nuggets [2MMA, 1OEG] (24) 1oz WG Biscuit [1OEG] (14) Honey Packet (7) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) ½ c Mashed Potatoes (10) ½ c Kernel Corn (18) 2 oz Turkey w/ Gravy 2 oz Dinner Roll [2OEG] (26) Milk(12)	***Menu Subject to Change***

