LUNCH JANUARY 2018

Reduced Price .40 (child) Full Price $2.85 (Child) Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE: 1  Calories 600-650  Sodium <1230  Sat. Fat < 10  Trans Fat zero | 2  HAPPY | 3  NEW YEAR | NSLP REQUIREMENTS: 4  Fruit ½ cup daily  Veggie ¾ cup daily  Meat/Alt 1.75oz daily  Grains 1.75 oz daily  Milk 1 cup daily |
| 8  Corn Dog  Graham Cracker  Veggie Beans  ½ cup Fruit  Milk Variety | 9  Chicken Nuggets  W/G Rice,  ½ cup Veggie  ½ cup Fruit  Milk Variety  BOARD MEETING | 10  Beef & Cheese Nacho’s on W/G Tortilla Chips  ¾ cup Veggie  ½ cup Fruit  Milk Variety | 11  Baked Potato w/Fixings,  Graham Cracker,  ¾ cup Veggie  ½ cup Fruit  Milk Variety |
| 15  **NO SCHOOL**    **MARTIN LUTHER KING JR. DAY** | 16  Cheese or Pepperoni Pizza with W/G Crust Garden Salad w/Dressing,  ½ cup Fruit  Milk Variety | 17  Teriyaki Chicken ,  W/G Rice  ¾ cup Veggie  ½ cup Fruit  Milk Variety | 18  W/G Mac-n-Cheese,  Garden Salad w/Dressing  ½ cup Fruit  Milk Variety |
| 22  Hot Dog on a W/G Bun,  Veggie Bean Chili,  ½ cup Fruit  Milk Variety | 23  Hamburger on a W/G  Bun, Cheese, Lettuce,  Potato Wedges,  ½ cup Fruit,  Milk Variety | 24  Orange Chicken,  W/G Noodles,  ¾ cup Veggie,  ½ cup Fruit  Milk Variety | 25  Fish Sticks,  W/G Rice,  ¾ cup Veggie,  ½ cup Fruit,  Milk Variety |
| 29  Grilled Cheese Sandwich  Chicken Soup w/WG Noodles &Veggies  ½ cup Fruit  Milk Variety | 30  Beef & Bean Tostado on a W/G Tortilla,  Lettuce, Tomatoes,  Cheese  ½ cup Fruit  Milk Variety | 31  Baked Chicken  W/G Rice,  ¾ cup of Veggies  ½ cup of Fruit  Milk Variety | Please Advise Ms. Leslie  24 hrs. in advance if you  would like to have  breakfast or lunch with  your child/ grandchild so  we may plan accordingly. |

**This institution is an equal opportunity provider.**

Menu is subject to change without notice.

Milk Variety: Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry

BREAKFAST JANUARY 2017

Breakfast in Classroom Adult Price $2.85

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| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | | THURSDAY |
| 2  WEEKLY AVERAGE:  Calories 400-500  Sodium <540  Sat Fat <10  Trans Fat 0g/serving | 3  Please advise Ms. Leslie 24 hrs. in advance if you would like to have breakfast or lunch with your child/ grandchild so we may plan accordingly. | 4  **HAPPY NEW** | | 5  **YEAR!** |
| 8  W/G Cereal w/Milk,  1 cup Fruit  Milk Variety | 9  Scrambled Eggs w/Cheese,  W/G Toast,  1 cup Fruit  Milk Variety | 10  W/G Breakfast Cookie,  String Cheese,  1 cup Fruit  Milk Variety | | 11  W/G Waffle,  1 cup Fruit    Milk Variety |
| 15  **NO SCHOOL**  **MARTIN LUTHER**  **KING JR. DAY** | 16  W/G Toast,  Sausage Patty,  1 cup Fruit  Milk Variety | 17  W/G Pancakes,  1 cup Fruit    Milk Variety | | 18  Ham and Eggs  W/G Toast  1 cup Fruit    Milk Variety |
| 22  Breakfast Burrito  (Scrambled Eggs in a W/G Tortilla),  1 cup of Fruit  Milk Variety | 23  Oatmeal with raisons  1 cup Fruit  Milk Variety | 24  W/G Banana Nut Muffin,  String Cheese  1 cup Fruit    Milk Variety | | 25  W/G French Toast,  1 cup Fruit  Milk Variety |
| 29  W/G Toasted  English Muffin, Hard  Boiled Egg,  1 cup Fruit  Milk Variety | 30  W/G Cereal Bar,  Yogurt,  1 cup Fruit  Milk Variety | | 31  Fruit Smoothie  W/G Breakfast Bar  Milk Variety | SLP REQUIREMENTS:  Fruit/ 1 cup daily  Grain 2 oz. daily  Milk 1 cup daily  Meat/Alt Optional |

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