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: 1Calories 600-650Sodium <1230Sat. Fat < 10Trans Fat zero |  2HAPPY |  3NEW YEAR | NSLP REQUIREMENTS: 4Fruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75oz dailyGrains 1.75 oz dailyMilk 1 cup daily |
| 8Corn DogGraham CrackerVeggie Beans½ cup Fruit Milk Variety |  9Chicken NuggetsW/G Rice,½ cup Veggie½ cup FruitMilk Variety BOARD MEETING |  10Beef & Cheese Nacho’s on W/G Tortilla Chips¾ cup Veggie½ cup FruitMilk Variety |  11Baked Potato w/Fixings,Graham Cracker,¾ cup Veggie½ cup FruitMilk Variety  |
|  15**NO SCHOOL****MARTIN LUTHER KING JR. DAY** |  16Cheese or Pepperoni Pizza with W/G Crust Garden Salad w/Dressing,½ cup Fruit Milk Variety   |  17Teriyaki Chicken , W/G Rice¾ cup Veggie½ cup FruitMilk Variety |  18W/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 FruitMilk Variety  | 23Hamburger on a W/GBun, Cheese, Lettuce,Potato Wedges,½ cup Fruit,Milk Variety  | 24Orange Chicken, W/G Noodles,¾ cup Veggie,½ cup FruitMilk Variety | 25Fish Sticks,W/G Rice,¾ cup Veggie,½ cup Fruit,Milk Variety   |
|  29Grilled Cheese SandwichChicken Soup w/WG Noodles &Veggies½ cup FruitMilk Variety | 30Beef & Bean Tostado on a W/G Tortilla,Lettuce, Tomatoes,Cheese½ cup Fruit Milk Variety  |  31Baked ChickenW/G Rice,¾ cup of Veggies½ cup of FruitMilk Variety | Please Advise Ms. Leslie24 hrs. in advance if youwould like to havebreakfast or lunch withyour child/ grandchild sowe 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 |
| 2WEEKLY AVERAGE:Calories 400-500Sodium <540Sat Fat <10Trans Fat 0g/serving |  3Please 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!** |
| 8W/G Cereal w/Milk,1 cup FruitMilk Variety | 9Scrambled Eggs w/Cheese, W/G Toast,1 cup FruitMilk Variety | 10W/G Breakfast Cookie,String Cheese,1 cup FruitMilk Variety  | 11W/G Waffle,1 cup Fruit Milk Variety  |
|  15**NO SCHOOL** **MARTIN LUTHER**  **KING JR. DAY** |  16W/G Toast,Sausage Patty,1 cup FruitMilk Variety  |  17W/G Pancakes,1 cup Fruit Milk Variety | 18Ham and EggsW/G Toast1 cup Fruit Milk Variety  |
| 22 Breakfast Burrito(Scrambled Eggs in a W/G Tortilla),1 cup of FruitMilk Variety | 23Oatmeal with raisons1 cup FruitMilk Variety  | 24W/G Banana Nut Muffin,String Cheese1 cup Fruit Milk Variety | 25W/G French Toast,1 cup FruitMilk Variety  |
| 29W/G ToastedEnglish Muffin, HardBoiled Egg,1 cup FruitMilk Variety | 30W/G Cereal Bar,Yogurt,1 cup FruitMilk Variety  |  31Fruit SmoothieW/G Breakfast BarMilk Variety | SLP REQUIREMENTS:Fruit/ 1 cup dailyGrain 2 oz. dailyMilk 1 cup dailyMeat/Alt Optional |

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