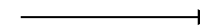


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*SUBSTITUTES: January 3-11: Corn Dog 30g January 15-31: Hot Dog on Bun 23g Everyday: Salad 4g Peanut Butter Sandwich 34g</p>	<p>Lunch Pricing: \$2.75 Lunch \$0.50 Milk</p>	<p>Carbohydrates in Grams: White Milk 1% 13g Chocolate Milk Fat Free 20g ½ Banana 14g Apple 22g Orange 11g</p>	<p>3 *GRILLED CHEESE SANDWICH Tomato soup 16g Crackers 4g Pear 16g Milk</p>	<p>4 *POPCORN CHICKEN 8g Tater tots 20g Fresh fruit Milk</p>
<p>7 *NACHO CHEESE, TORTILLA CHIPS & BREADSTICK 24g Romaine salad 0g Peaches 14g Milk</p>	<p>8 *CHEESEBURGER ON A BUN Baked beans 24g Applesauce 20g Milk</p>	<p>9 *CHICKEN PATTY ON BUN 30g Carrots 0g Fresh fruit Milk</p>	<p>10 *MACARONI & CHEESE 40g Green beans 5g Muffin 30g Fresh fruit Milk</p>	<p>11 *SAUSAGE PATTY 2g Hash brown 15g French toast sticks 29g Orange juice 30g Milk</p>
<p>14 *POPCORN CHICKEN 8g Cauliflower & Carrots 0g Fruit Milk</p>	<p>15 *TURKEY & NOODLES Mashed potatoes 13g Dinner roll 21g Pineapple 20g Milk</p>	<p>16 *CHICKEN NUGGETS 8g Tater tots 20g Peaches 14g Milk</p>	<p>17 *TACO MEAT, CHEESE & TORTILLA CHIPS Romaine salad 0g Crackers 4g Fruit Milk</p>	<p>18 *CORN DOG 30g Tater tots 20g Fruit Milk</p>
<p>21 Martin Luther King, Jr. Day NO SCHOOL</p>	<p>22 *PEPPERONI PIZZA 34g Green beans 5g Peaches 14g Milk</p>	<p>23 *BBQ BEEF ON BUN Tater tots 20g Applesauce 20g Milk</p>	<p>24 *GRILLED CHEESE SANDWICH 8g Tomato soup 16g Crackers 4g Pear 16g Milk</p>	<p>25 *CHICKEN FAJITA 20g Romaine salad 0g Pineapple 20g Milk</p>
<p>28 *CHICKEN & NOODLES 8g Mashed potatoes 13g Dinner roll 21g Fruit Milk</p>	<p>29 *LASAGNA W/MEAT SAUCE 19g Bread stick 12g Green beans 5g Pears 16g Milk</p>	<p>30 *SAUSAGE PATTY 2g Hash brown 15g O.J. 30g French toast strips 29g Milk</p>	<p>31 *CHEESEBURGER ON BUN Carrots & broccoli 0g Peaches 14g Milk</p>	<p>1 *SALISBURY STEAK 9g Mashed potatoes 13g Dinner Roll 21g Fruit Milk</p>

Website: stmarysvanwert.com • Phone: 419-238-5186 • Menu subject to unexpected changes
USDA is an equal opportunity provider and employer

School Activities Calendar on Reverse



St. Mary's School January 2019 *Lunch Menu*