

# January 2019

Type Your School Name Here

## LUNCH



**CHOCOLATE AND WHITE MILK ARE SERVED DAILY. CHOICE OF SALAD BAR IS AVAILABLE FOR GRADES 3-12. MENUS ARE SUBJECT TO CHANGE.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

HAPPY NEW YEAR

1

NO SCHOOL TODAY

2

CHICKEN PATTY  
MASHED POTATOES  
GREEN BEANS  
PINEAPPLE  
BREAD

3

CORN DOGS  
BAKED BEANS  
FRUIT SALAD  
BROCCOLI

4

CHEESEBURGER ON BUN  
TATOR TOTS  
APPLESAUCE  
BROWNIE

7

SPAGHETTI  
GARLIC BREAD STICK  
PEACHES  
GREEN BEANS

8

TACOS  
CORN  
FRESH FRUIT  
CARROT STICKS

9

STROMBOLI  
SALAD  
PUDDING  
PINEAPPLE  
BROCCOLI

10

CHICKEN FAJITAS  
MEXICAN RICE  
RICE CRISPY TREATS  
BANANAS  
REFRIED BEANS

11

SLOPPY JOE ON BUN  
AUGRATIN POTATOES  
PEARS  
CARROT STICKS

14

NACHOS AND DIP  
CORN  
APPLES CRISP  
FRESH FRUIT

15

BBQ RIB PATTY  
GREEN BEANS  
PEACHES  
COOKIE  
BREAD

16

CHICKEN AND NOODLE S  
GRILLED CHEESE  
APPLESAUCE  
CARROT STICKS

17

PIZZA  
SALAD  
FRUIT SALAD  
PUDDING

18

NO SCHOOL TODAY

21

CHICKEN ALFREDO  
PEAS  
APPLESAUCE  
BREAD

22

CHILI  
CINNAMON ROLLS  
CARROT STICKS  
APPLES  
CRACKERS

23

HOT DOG ON BUN  
MACARONI AND CHEESE  
CARROTS  
STRAWBERRIES

24

CHICKEN  
MASHED POTATOES  
FRUIT COCKTAIL  
SALAD  
BREAD

25

HAMBURGER ON BUN  
TATOR TOTS  
PEACHES  
CARROT STICKS

28

HOT HAM AND CHEESE  
SPAGHETTI AND SAUCE  
PEARS  
PUDDING

29

COUNTRY FRIED STEAK  
MASHED POTSTOES  
SALAD  
PEACHES  
BREAD

30

CHICKEN PATTY  
BAKED BEANS  
ORANGES  
BROCCOLI  
BREAD

31



THIS IS AN EQUAL OPPORTUNITY PROVIDER.