



## Vanderbilt Area Schools: January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		Tender Chicken Nuggets Dipping Sauces Steamed Broccoli Dinner Roll	Beef Nachos Lettuce and Tomato Salsa And Sour Cream Refried Beans	<b>Homemade Pizza:</b> Cheese or Pepperoni  Ham and Pineapple
9	10	11	12	13
Bosco Breadsticks Pizza Dipping Sace Roasred Broccoli	Crisp Chicken Tenders Oven Baked Wedges Steamed Veggie Medley Dinner Roll	French Toast Sticks Sausage Links Hash Browns Warm Baked Apples	Beef Tacos Shredded Lettuce Salsa Mexican Style Corn	<b>Homemade Pizza:</b> Cheese or Pepperoni  Vegetable
16	17	18	19	20
Crisp Breaded Chicken Sandwich Boston Baked Beans Chips	Spaghetti w/ Meat Sauce Garlic Bread Garden Salad	Tater Tot Casserole: <i>Ground Beef, in Rich Sauce Topped w/ Tater Tots &amp; Melted Cheddar Cheese</i>	Popcorn Chicken Bowl Mashed Potatoes / Gravy Green Beans Warm Biscuit	<b>Homemade Pizza:</b> Cheese or Pepperoni  Meat Lovers
23	24	25	26	27
French Toast Sticks Sausage Links Hash Browns Warm Baked Apples	Salisbury Steak Au Gratin Potatoes Green Beans Dinner Rolls	Chicken Fajitas Peppers and Onions Salsa Redried Beans	Bosco Breadsticks Pizza Dipping Sace Roasred Broccoli	<b>Homemade Pizza:</b> Cheese or Pepperoni  Meat Lovers
30	31			
Popcorn Chicken Bowl Mashed Potatoes / Gravy Green Beans Warm Biscuit	Hot Dog on WG Bun <i>enjoy plain or add: Chili, Cheese, Onion and Assorted Condiments</i>			
DAILY ALTERNATES				
Classic Corn dogs Dinner Roll	Deli Ham and Cheese Sandwich	Hamburger on WG Bun	Turkey and Cheese Wrap	Taco Salad Tortilla Strips
	Fruit and Yogurt Parfait w/ Granola		Fruit and Yogurt Parfait w/ Granola	
PB&J w/ String Cheese	PB&J w/ String Cheese	PB&J w/ String Cheese	PB&J w/ String Cheese	PB&J w/ String Cheese
AVAILABLE DAILY WITH ALL MEALS				
Fresh Broccoli Florettes Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit 1% Lowfat White Milk Fat Free Chocolate Milk	Cucumber Coins Cauliflower Forettes Fresh Whole Fruit Assorted Chilled Fruit 1% Lowfat White Milk Fat Free Chocolate Milk	Celery Sticks Baby Carrots Fresh Whole Fruit Assorted Chilled Fruit 1% Lowfat White Milk Fat Free Chocolate Milk	Cucumber Coins Bell Pepper Strips Fresh Whole Fruit Assorted Chilled Fruit 1% Lowfat White Milk Fat Free Chocolate Milk	Baby Carrots Cauliflower Florettes Fresh Whole Fruit Assorted Chilled Fruit 1% Lowfat White Milk Fat Free Chocolate Milk

A full student lunch includes an entrée supplying protein and grain, Vegetable and Fruit Side Dishes, and Choice of Milk.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for online personal wellness resources for you and your family.

Questions or comments? Please call John Galacz at (231) 238-6868 x9204 or [jgalacz@inlandlakes.org](mailto:jgalacz@inlandlakes.org)

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