

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Breakfast available Daily from 7:00-7:40am <i>Items to include are Cereal, Milk and Fruit.</i> <i>Other grain items available to substitute may include WG Bagels, WG Muffin, etc.</i> <i>Student Price \$1.25 Adult Price \$2.25</i>		Alternate Lunch available everyday: PBJ, Ham or Turkey Sandwich w/Veggies, Fruit & Milk of the day.	½ Cup Raw baby carrots offered everyday as vegetable substitute.	<i>Milk included with all lunches. Choice of FF Chocolate, FF White or 1% White.</i>	Student Lunch \$2.85 Adult Lunch \$4.25
		1 Happy New Year!	2 Hot Dog on a Roll French Fries Baked Beans/Pickles Mixed Fruit Milk	3 Shepard's Pie WW Roll Carrots* Peaches Milk	4 <i>National Spaghetti Day!</i> Spaghetti W/Meat Balls Toss Salad WW Roll Fresh Fruit Milk	5 <i>Extra milks \$.50 Each!</i>
6	7 Chicken Patty Sandwich Buttered Noodles Green Beans Pears/Milk	8 Soft Taco w/Meat, cheese & lettuce WG Rice* Corn Peaches/Milk	9 WG Grilled Cheese Sandwich Vegetable Beef Soup Broccoli Mixed Fruit/Milk	10 Hot Turkey Mash Potatoes w/Gravy Carrots WW Roll Fresh Fruit /Milk	11 <i>National Milk Day!</i> Crisпитos Baked French Fries Baked Beans Apple Sauce Strawberry Milk! <i>(available)</i>	12 <i>*High School Only. Different size portions required.</i>
13 <i>WG= whole grain WW= whole wheat FF= fat free RF= reduced fat</i>	14 Chicken Nuggets French Fries *WW Roll Baked Beans Apple Sauce/Milk	15 <i>National Juice Day!</i> French Toast Hash Browns Sausage Orange Juice Milk	16 <i>National Hot & Spicy Day!</i> Buffalo Chicken Or Fajita Wraps WG Rice Broccoli Pears/Milk	17 Pasta W/Meat Sauce Toss Salad Or Veggie Sticks WW Roll Peaches/Milk	18 Grilled Cheese Sandwich Tomato Soup Veggie Sticks Fresh Fruit Milk	19
20	21 No School!	22 Soft Taco w/Meat, cheese & lettuce WG Rice* Baked Beans Pears/Milk	23 Meatball/Mozzarella Sandwich Toss Salad Peaches Milk	24 Pretzel W/Cheese Sauce *Mozzarella Cheese Sticks Broccoli Fresh Fruit/Milk	25 WG Pepperoni or Cheese Pizza Veggie Sticks Fresh Fruit Milk	26 This institution is an equal opportunity provider and employer.
27	28 Hamburger French Fries Baked Beans Applesauce Milk	29 <i>National Corn Chip Day!</i> Nachos W/Meat & Cheese Broccoli Mixed Fruit/Milk	30 WG Grilled Cheese Sandwich Vegetable Beef Soup Veggie Sticks Peaches/Milk	31 Hot Turkey Mash Potatoes w/Gravy Carrots WW Roll Fresh Fruit /Milk	<i>Menu subject to change without notice!</i>	