

# January 2019

## ELEMENTARY & MIDDLE SCHOOL

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|   | 1<br>CHRISTMAS BREAK *  | 2<br>* CHRISTMAS BREAK  | 3<br>* CHRISTMAS BREAK  | 4<br>* CHRISTMAS BREAK   |
| 7<br>* CLASSES RESUME<br>Cook's Choice  | 8<br>Cook's Choice  | 9<br>Macaroni and Cheese<br>Wheat Roll<br>Steamed Broccoli<br>Strawberries.<br>Milk Variety                               | 10<br>Cheeseburger.<br>Wheat Bun<br>American Cheese<br>Oven Baked Fries<br>Ketchup<br>Mustard<br>Milk Variety<br>100% Fruit Juice             | 11<br>Chicken , Roasted<br>Baked Beans<br>Peas and Carrots<br>Wheat Roll<br>Cherry Slushie Cup<br>Milk Variety<br>Goldfish WG Colors |
| 14<br>Taco ( Beef)<br>Salsa - low sodium<br>Lettuce<br>Mozz. Cheese<br>Refried Beans<br>Sour Cream<br>Fun Size Chips<br>Fruit<br>Milk Variety | 15<br>Hot Dog .<br>Wheat Bun<br>Baked Beans<br>Fruit<br>Fresh Carrots<br>Fresh Broccoli<br>Ketchup<br>Mustard<br>Milk Variety<br>Ranch Dressing | 16<br>Salisbury Steak.<br>Br. Gravy Lo Sodium<br>Mashed Potatoes .<br>Green Beans<br>Wheat Roll<br>Fruit<br>Milk Variety  | 17<br>Sloppy Joe on<br>Wheat Bun<br>Oven Baked Fries<br>Steamed Carrots<br>100% Fruit Juice<br>Ketchup<br>Milk Variety                        | 18<br>Pizza Bun***<br>Steamed Broccoli<br>Fruit<br>Milk Variety<br>Fun Size Chips  |
| 21<br>* MLK DAY-NO SCHOOL   | 22<br>Hamburger<br>Wheat Bun<br>Am. Cheese<br>Oven Baked Fries<br>Baked Beans<br>Ketchup<br>Mustard<br>100% Fruit Juice<br>Milk Variety         | 23<br>Chicken Alfredo.<br>Wheat Roll<br>Steamed Broccoli<br>Apple<br>Milk Variety   | 24<br>Calzone<br>Steamed Carrots<br>Diced Peaches<br>Milk Variety   | 25<br>Turkey / Cheese Sub<br>Tomato Slice<br>Lettuce<br>Ketchup<br>Mustard<br>100% Fruit Juice<br>Fun Size Chips<br>Milk Variety     |
| 28<br>WG Chicken Strips<br>Wheat Roll<br>Baked Beans<br>Fruit<br>Ketchup<br>Mustard<br>Milk Variety<br>Cheetos Puffs                          | 29<br>Meatloaf<br>Mashed Potatoes<br>Br. Gravy Lo Sodium<br>Green Beans<br>Wheat Roll<br>Apple<br>Milk Variety                                  | 30<br>Cheese Sandwich<br>Tomato Soup<br>Fresh Broccoli<br>Ranch Dressing<br>Pineapple Tidbits<br>Milk Variety<br>Crackers | 31<br>Taco ( Beef)<br>Salsa - low sodium<br>Lettuce<br>Mozz. Cheese<br>Refried Beans<br>Sour Cream<br>Fun Size Chips<br>Fruit<br>Milk Variety |  |

### School News

MENUS ARE SUBJECT  
TO CHANG WITHOUT  
NOTICE.