



JANUARY 2017

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 
2 NO SCHOOL	3 Chicken Tetrazzini Garlic Bread Tossed Salad Seasoned Peas Clementines Fruit Cocktail (9-12) Milk	4 Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Grapes Canned Peaches (9-12) Milk	5 Hot Dogs on a Bun Sun Chips Carrots & Celery Mandarin Oranges Grapes (9-12) Milk	6 Yummy Sloppy Joe on a Bun Roasted Red Potatoes Baked Beans Fresh Apple Canned Tropical Fruit (9-12) Milk	7	8
9 BBQ Beef on a Bun Peas, Baked Beans Fruit Salad Royal Brownie Canned Pineapple (9-12) Milk	10 Beef & Bean Burrito Tortilla Chips Tomato Salsa Romaine & Tomato Mexican Corn Fresh Banana Canned Peaches (9-12) Milk	11 Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Diced Peaches Fresh Blueberries (9-12) Milk	12 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Sun Chips Tomato Slice Fresh Kiwi Canned Pears (9-12) Milk	13 Pizza Hut Pepperoni Pizza Salad Bread Stick (6-12) Broccoli, Cucumbers Fresh Pineapple Applesauce (9-12) Milk	14	15
16 NO SCHOOL 	17 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Sliced Peaches Fresh Grapes (9-12) Milk	18 Macaroni & Cheese Meatballs Steamed Broccoli Fresh Baby Carrots Fresh Citrus Fruit Cup Canned Peaches (9-12) Milk	19 BBQ Chicken Roll & Jelly Baked Beans Sweet Potato Fries Grapes Canned Pears (9-12) Milk	Biscuits & Gravy Sausage Patty Hash Brown Patty Green Beans Canned Pineapple Fresh Blueberries (9-12) Milk	21	22
23 Chicken & Noodles Mashed Potatoes Steamed Carrots Roll & Honey (9-12) Orange Wedges Canned Pears (9-12) Milk	24 Chicken Wrap Romaine Lettuce Tomato Slice Spanish Rice, Corn Tropical Fruit Oatmeal Cookie (9-12) Fresh Apple Slices (9-12) Milk	25 Taco Salad Corn Tortilla Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits Fresh Mango (9-12) Milk	26 Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Slices Peaches (9-12) Milk	27 Pizza Hut Pizza Garden Salad Broccoli & Cauliflower French Garlic Bread (6-12) Fresh Grapes Fruit Cocktail (9-12) Milk	28	29
30 Super Nachos Refried Beans Fresh Mixed Carrots Fruit Cup Canned Pears (9-12) Milk	31 Sweet & Sour Chicken Nuggets Seasoned Brown Rice Vegetables Cherry Tomatoes Celery Sticks Fresh Tropical Fruit Milk	NOTES: For a quick & healthy meal, borrow this idea from Asian cuisine. Cook brown rice, divide it into bowls for each person, and add toppings. One-half cup of brown rice provides one serving of whole grains (three servings a day are recommended). Also, rice is gluten-free, so it's a great choice for children with celiac disease or wheat allergies. Breakfast: Scrambled eggs, chopped tomatoes, diced green bell peppers, and shredded Monterey Jack cheese. Pizza: Cooked turkey sausage, sliced mushrooms, chopped onions, low-salt tomato sauce, and a sprinkle of oregano. Chicken: Cubed, cooked chicken (use last night's leftover), microwaved frozen vegetables like corn, peas, and carrots, and low sodium teriyaki sauce. Taco: Ground Beef (browned and drained), shredded cheddar cheese, low-fat sour cream, and salsa.				