



JANUARY 2019

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 	2	3 Chicken & Noodles Whole Wheat Roll & Jelly (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Pears (9-12) Milk	4 Hot Dog on a Bun Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices Peaches (9-12) Milk	5	6
7 Biscuits & Gravy Sausage Patty (6-12) Fresh Sugar Snap Peas Hash Brown Patty Pineapple Grapes (9-12) Milk	8 White Chicken Chili Cornbread Muffin Cherry Tomatoes Cucumber Slices Fresh Banana Peaches (9-12) Milk	9 Mini Meatball Sub Ranch Potato Wedges Tossed Salad Apples Cherry Applesauce (9-12) Milk	10 BBQ Chicken Drumstick Whole Wheat Roll & Jelly Baked Beans Creamy Cole Slaw Apricot Halves Oranges (9-12) Milk	11 Pizza Hut Pizza Broccoli Florets Fresh Baby Carrots Oranges Pineapple (9-12) Milk	12	13
14 Taco Soup Tortilla Chips & Tomato Salsa Broccoli Florets Fresh Strawberries Pineapple (9-12) Milk	15 Pork Rib on a Bun Dark Green Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Apple Peaches (9-12) Milk	16 Cavatini Whole Wheat Roll & Jelly Seasoned Corn Garden Salad Fresh Orange Tropical Fruit (9-12) Milk	17 Chicken Quesadilla Tortilla Chips (9-12) Refried Beans Tossed Salad Kiwi Applesauce (9-12) Milk	18 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Strawberries (9-12) Milk	19	20
21 NO SCHOOL	22 Turkey & Cheese Sub Sandwich Dark Green Leaf Lettuce Tomato Slice Fresh Kiwi Sun Chips Pears (9-12) Milk	23 BBQ Beef on a Bun Baked Beans Summer Fruit Salad Royal Brownie Broccoli Cherry Applesauce (9-12) Milk	24 Stromboli Squares Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Peaches Blueberries (9-12) Milk	25 Country Style Beef Pattie Whole Wheat Roll & Jelly (6-12) Mashed Potatoes & Gravy Steamed Broccoli Fresh Pineapple Fruit Cocktail (9-12) Milk	26	27
28 Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail Fresh Pineapple (9-12) Milk	29 Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Fresh Banana Tropical Fruit (9-12) Milk	30 Lasagna Garlic Bread Stick w/Marinara Sauce Garden Salad Mango Pears (9-12) Milk	31 Chicken Strips Whole Wheat Roll & Honey Mashed Potatoes & Gravy Green Beans Sliced Pears Apricots (9-12) Milk			
USDA is an equal opportunity provider and employer.		<p>NOTES: Save on fitness equipment Inspire your youngster to stay fit by keeping an assortment of sports and equipment gear handy. Consider these suggestions to help stock up on a budget: Ask family and friends if they have equipment they no longer use. Perhaps your brother can pass along a softball mitt his kids have outgrown. A friend may offer an old tennis racket. Search flea markets, thrift shops, and online yard sales. for just a few dollars you might find a gently used balance ball or yoga mat (disinfect before use). Or you could buy a jump rope, a can of tennis balls, or a Frisbee for less than a dollar.</p>				