



January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu item

1
Happy New Year

2
Chicken Patty or Chicken Parmesan
French Fries
Carrots

3
Tacos on Hard or Soft Shell
Refried Beans
Golden Corn

4
Italian Pepperoni Roll w/Marinara Sauce
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

7
Italian Meatball Sub
Green Bean & Tomato Salad
Buttered Garlic Noodles

8
Macaroni & Cheese
Whole Grain Roll
Crunchy Carrot Coins

9
Ham and Cheddar Cheese Roll
Buttered Noodles
Brussel Sprouts

10
Rotini w/ w/Homemade Meat Sauce
Garlic Bread Stick
Broccoli

11
French Bread Pizzas
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers
Chick Peas

14
Rodeo Burger on WG Roll, Sweet Potato Fries
Milk, Apples

15
Orange Chicken Over Rice
Oriental Veggies
Baked Egg Roll

16
Chicken, Bacon, Ranch, Cheddar Cheese Wrap
Baked Beans
Crispy Tator Tots

17
Ultimate Chicken Bowl
Whole Grain Roll
Corn

18
Assorted Classic Pizzas
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

No School
MLK DAY
I HAVE A DREAM
#hutterstock-238410280

22
Loaded Nachos with Meat & Cheese
Salsa & Sour Cream
Refried Beans
Golden Corn

23
Crispy Chicken Tenders
Whole Grain Roll
Cheesy Rice
Seasoned Carrots

NY Thursday:
24
NY Hamburger or Cheeseburger on WG Roll, Seasoned Potato Wedges,
NY Milk, NY Apples

25
Italian Pepperoni Roll w/Marinara Sauce
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

28
BBQ Chicken Sub
French Fries
Roasted Broccoli

29
Chicken Fajita Rice
Black Beans Salad

30
Turkey & Gravy over Stuffing
Glazed Carrots

31
Toasty Grilled Sandwich
Campbell's Tomato Soup
Cut Green Beans

Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry (when available)

Daily Choices:

Chicken Patty on Bun
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
NY Yogurt Parfait
Smoothies

Meal Prices

Breakfast K-5 \$1.10

Breakfast 6-12 \$ 1.25

Lunch K-5 \$2.25

Lunch 6-12 \$2.35

Reduced .25

"USDA is an equal opportunity provider and employer"

Menu subject to change without notice.