



BUNS ARE NOW PRODUCED IN A PEANUT FREE PLANT. ROLLS ARE PRODUCED IN A PLANT WHICH HAS EGG & MILK PRODUCTS.
 **PEANUT DAYS ARE --- 1-15-19



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

****BREAKFAST IS SERVED AT EVERY SCHOOL EVERY MORNING****



Tuesday

NO SCHOOL 1

WINTER BREAK

Wednesday

NO SCHOOL 2

WINTER BREAK

Thursday

*Tator tot casserole 3

- *Broccoli
- *Applesauce cup
- *Garlic Bread
- *Low Fat Milk

Friday

*Grilled chicken sandwich 4

- *W/G Bun W/Ranch
- *Peas
- *Fruit Mix
- *Low Fat Milk

- *Chicken Tenders W/Ranch 7
- *Cooked Carrots
- *Chocolate Brownie Batter Pudding
- *Mixed Berry Cup
- *Low Fat Milk

- *Nacho Lil Bites 8
- *Fiesta Beans
- *Apple Slices W/Carmel
- *Low Fat Milk

- *Apple Cinn. Fr. Toast 9
- *Sausage Link
- *Tator tots W/Ketchup
- *Orange Juice
- *Low Fat Milk

- *Creamed Chicken 10
- *Mashed Potatoes
- *Strawberry Cup
- *W/G Roll w/Butter
- *Low Fat Milk

- *Cheese & Sausage Pizza 11
- *Green Beans
- *Pears
- *Low Fat Milk

- *Spaghetti W/G Noodles 14
- *Romaine Lettuce W/Ranch
- *Mandarin Orange
- *Garlic Bread
- *Low Fat Milk

- *Chicken Pattie W/G Bun 15
- *Mayo *Baked Beans
- *Mixed Berry Cup
- *M & M Cookie
- *Low Fat Milk

- *Cheeseburger mac 16
- *Raw Carrots W/Ranch
- *Peaches
- *Low Fat Milk

- *Oven Baked Chicken 17
- *Loaded Mashed Potatoes
- *Fruit Mix
- *W/g Roll W/Butter
- *Low Fat Milk

- *Chicken Quesadilla 18
- *Broccoli
- *Applesauce cup
- *Low Fat Milk

MARTIN LUTHER KINGS 21
 BIRTHDAY
 NO SCHOOL

- *Sloppy Joe W/G Bun 22
- *Raw Carrots W/Ranch
- *Pears
- *Low Fat Milk

- *BBQ Rib on a W/G Bun 23
- *BBQ Sauce
- *Mixed Vegetables
- *Apple Slices
- *Low Fat Milk

- *Sweet Chili Thai Chicken 24
- *Lo main Noodles
- *Broccoli
- *Mandarin Orange Cups
- *Low Fat Milk

- *Chef Salad – Diced Ham, 25
- Shredded Lettuce & Cheese
- *Ranch *Bosco stick
- *Mixed Berry Cup
- *Low Fat Milk

- *Chicken Fajita W/G Shell 28
- *Fiesta Beans
- *Fruit Mix
- *Low Fat Milk

- *Hot Dog on a W/G Bun 29
- *Ketchup & Mustard
- *Corn
- *Peaches
- *Low Fat Milk

½ DAY 30
 SCHOOL IMPROVEMENT
BREAKFAST WILL BE SERVED

- *Oven Baked Chicken 31
- *Mashed Potatoes
- *Apple Slices
- *W/G Roll
- *Low Fat Milk



Sometimes we have to substitute our menu. We always guarantee a complete nutritious meal at all times. Thank you for understanding.