

Lunch January 2019

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
		1 NEW YEARS DAY	2 Chicken Strips, noodles w/Alfredo sauce, glazed carrots, pears, milk 2nd option: Ham sandwich	3 Breakfast for Lunch scrambled eggs, french toast, tator tots, tomato juice, strawberry cup, milk 2nd option: turkey sandwich	4 Grilled chicken sandwich, wg bun, baked beans, coleslaw, grapes, milk 2nd option: cheese sandwich	5
6	7 Super nachos, breadstick, tortilla chips, refried beans, romaine lettuce, peaches, milk 2nd option: tuna	8 Roast pork or sloppy jo, wg bun, corn, French Fries, fruit cocktail, milk 2nd option: egg salad	9 Scalloped potatoes ham slice, glazed carrots, wg bun, craisins, milk 2nd option: Sunbutter & Jelly Sandwich	10 Crispito, yogurt or string cheese, brown rice, roasted broccoli, pineapple, milk; 2nd option: Ham sandwich	11 Chicken burger, wg bun, baked beans, coleslaw, grapes, milk 2nd option: Cheese sandwich	12
13	14 Teriyaki chicken, brown rice, egg roll, broccoli normandy, pineapple, milk 2nd option: cheese sandwich	15 Tator Tot Casserole, wg bun, green beans, apples, milk 2nd option: tuna	16 Country Sausage, sauerkraut, mashed potatoes, wg bun, beets, mandarin oranges, milk 2nd option: egg salad	17 Hamburger deluxe w/cheese, baked beans, tomato, onion, pickle, pears, milk 2nd option: Sunbutter & Jelly sandwich	18 Chicken noodle soup, yogurt or string cheese, carrot & celery sticks, goldfish crackers, breadstick, raisins or craisins, milk 2nd option: Ham sandwich	19
20	21 NO SCHOOL MARTIN LUTHER KING Jr. DAY	22 Fajita or taco, wg tortilla, refried beans, romaine lettuce, peach cup, milk 2nd option: turkey sandwich	23 Sweet and sour chicken, Brown rice, broccoli normandy, mandarin oranges, fortune cookie, milk; 2nd option: cheese sandwich	24 Hot ham and cheese , French Fries, corn, pears, milk 2nd option: tuna	25 Pizza, scooby do snack, spinach, peppers, pineapple, milk 2nd option: egg salad	26
27	28 Spaghetti with meat sauce, garlic toast, green beans, peaches, milk; 2nd option: Sunbutter & Jelly Sandwich	29 Chicken nuggets, mashed potatoes, chicken gravy, wg bun, peas, fruit cocktail, milk 2nd option: Ham sandwich	30 Chili or white chicken chili w/cheese wg cinnamon roll, broccoli, cauliflower or carrot stix, chunky applesauce, milk 2nd option: turkey sandwich	31 Meatball or turkey sub sandwich, spinach, green peppers, wg chips, berry cup, milk 2nd option: cheese sandwich		