


January Lunch Menu *Meals Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Average
<p>Skim White, Skim Chocolate, and 1% White Milk available daily.</p> <p>A variety of low-fat or fat-free condiments (ranch, French, mustard, ketchup, BBQ, honey mustard) are available daily.</p> <p>All breads, tortillas, pancakes, pastas etc. are whole grain rich.</p>	<p>*Contains Pork ++Contains Sesame</p>	<p>3 Cheese Pizza Carrot Coins Cucumber Slices Applesauce Cup</p>	<p>4 Choice A Chicken Nuggets Pretzel Stick Chilled Fruit Romaine Salad w/ Cherry Tomatoes</p> <p>Choice B String Cheese & Crackers Chilled Fruit Romaine Salad w/ Cherry Tomatoes</p>	<p>5 Munchable Lunch String Cheese Yogurt Dinner Roll Grapes Carrot Coins Celery Sticks</p>	<p><u>Calories</u> 587.29</p> <p><u>Saturated Fat</u> 9.0%</p> <p><u>Sodium</u> 906.59mg</p>
<p>8 Choice A Mini Corn Dogs Tator Tots Chilled Fruit Fresh Broccoli</p> <p>Choice B Pancakes, Syrup Veggie Sausage Patty Tator Tots Fresh Fruit Fresh Broccoli</p>	<p>9 Cheese Pizza Celery Sticks Cherry Tomatoes Chilled Pineapple</p>	<p>10 Pizza Dippers w/ Marinara Apple Slices Bean Salad</p>	<p>11 Choice A Shells w/ Meat Sauce Fresh Pear Romaine Salad Happy Birthday Cupcake</p> <p>Choice B Shells w/ Marinara w/ Shredded Mozzarella Fresh Pear Romaine Salad Happy Birthday Cupcake</p>	<p>12 *Ham & Cheese Sandwich Carrot Coins Zucchini Coins Chilled Fruit</p> <p>No Vegetarian Meal</p>	<p><u>Calories</u> 595.34</p> <p><u>Saturated Fat</u> 9.0%</p> <p><u>Sodium</u> 938.34mg</p>
<p>15 Dr. Martin Luther King Jr. Day</p> <p>District Closed</p>	<p>16 Choice A Ravioli Cherry Tomato Celery Sticks Pretzel Stick</p> <p>Choice B Mini Cheese Pizza Bagels Cherry Tomato Celery Sticks Chilled Pears</p>	<p>17 Choice A Hamburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p>Choice B Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>18 Choice A Chicken Nuggets Corn Orange Wedges Bean Salad</p> <p>Choice B Grilled Cheese Sandwich Tator Tots Orange Wedges Bean Salad</p>	<p>19 Frank/Wilson Eat</p>	
<p>22 WG Cheese Quesadilla Black bean Salsa Fresh Broccoli Fruit Cocktail</p>	<p>23 Cheese Pizza Romaine Salad w/ Cherry Tomatoes Chilled Peaches</p>	<p>24 Topsy Turvy Pancakes & Syrup Yogurt Apple Slices Carrot Sticks Celery Sticks</p>	<p>25 Choice A Chicken and Gravy Mashed Potatoes Fresh Pear Celery Sticks Giant Goldfish Cracker Happy Birthday Cupcake</p> <p>Choice B Southwest Veggie Bowl Fresh Pear Celery Sticks Giant Goldfish Cracker Happy Birthday Cupcake</p>	<p>26 Munchable Lunch String Cheese Yogurt Dinner Roll Grapes Carrot Coins Zucchini Coins</p>	<p><u>Calories</u> 623.47</p> <p><u>Saturated Fat</u> 7.0%</p> <p><u>Sodium</u> 855.12 mg</p>
<p>29 Choice A Hot Dog on MG Bun Corn Celery Sticks Chilled Peaches</p> <p>Choice B Grilled Cheese Tator Tots Celery Sticks Chilled Peaches</p>	<p>30 Choice A Cheeseburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p>Choice B Veggie Cheeseburger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>31 Choice A Chicken Nuggets Pretzel Stick Fruit Cocktail Romaine Salad w/ Cherry Tomatoes</p> <p>Choice B Cheese & Crackers Fruit Cocktail Romaine Salad w/ Cherry Tomatoes</p>	