

## January 2019 - Elementary School Lunch Menu



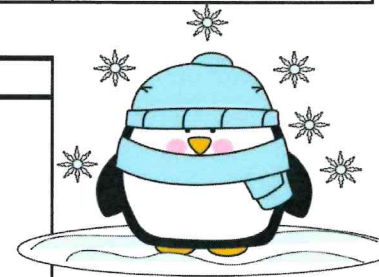
January 1 <b>TUESDAY</b>	January 2 <b>WEDNESDAY</b>	January 3 <b>THURSDAY</b>	January 4 <b>FRIDAY</b>
NO SCHOOL New Year's Day	Cheese Quesadilla Pizza (40) Corn (17) Carrots (6) Fruit (15)	Meatballs (4) & Gravy Bread Slice (13) Mashed Potatoes (17) Broccoli (4) Fruit (15)	Corn Dog (33) Baked Beans (30) Cucumbers (2) Fruit (15)

January 7 <b>MONDAY</b>	January 8 <b>TUESDAY</b>	January 9 <b>WEDNESDAY</b>	January 10 <b>THURSDAY</b>	January 11 <b>FRIDAY</b>
Cheese Pizza (34) Corn (17) Broccoli (4) Fruit (15)	Beef Taco (23) With Cheese & Fixings Refried Beans (9) Carrots & Tomatoes (6) Fruit (15)	Deli Sandwich (29) Chips (19) Baked Beans (30) Vegetables (4) & Fruit (15)	Chicken Strips (16) Dinner Roll (14) Mashed Potatoes (17) / Gravy Green Beans (8) Fruit (15)	Hamburger on a Bun (29) Potato Fries (23) Carrots (6) Fruit (15)

January 14 <b>MONDAY</b>	January 15 <b>TUESDAY</b>	January 16 <b>WEDNESDAY</b>	January 17 <b>THURSDAY</b>	January 18 <b>FRIDAY</b>
Italian Dunkers (28) Marinara Sauce (4) Locally Grown Squash (5) Celery (6) Fruit (15)	Grilled Chicken Nuggets (2) Brown Rice (22) Chicken Egg Roll (20) Carrots (6) & Broccoli (4) Fruit (15)	Mini Corn Dogs (30) Cucumbers (2) Baked Beans (30) Fruit (15)	Hot Turkey Gravy (6) Bread Slice (13) Mashed Potatoes (17) Green Beans (8) Fruit (15)	Breakfast Pizza Sunflower Seeds Potato Smiles (23) Fresh Vegetables (4) Fruit (15)

January 21 <b>MONDAY</b>	January 22 <b>TUESDAY</b>	January 23 <b>WEDNESDAY</b>	January 24 <b>THURSDAY</b>	January 25 <b>FRIDAY</b>
NO SCHOOL Workshop Day	Pepperoni Pizza (35) Corn (17) Carrots (6) Fruit (15)	Chicken Nuggets (15) Dinner Roll (14) Mashed Potatoes (17) / Gravy Carrots (6) Fruit (15)	French Toast Sticks (43) Yogurt (20) Broccoli (4) Cucumbers (2) Fruit (15)	Cheeseburger on a Bun (30) Baked Beans (30) Fresh Vegetables (4) Fruit (15)

January 28 <b>MONDAY</b>	January 29 <b>TUESDAY</b>	January 30 <b>WEDNESDAY</b>	January 31 <b>THURSDAY</b>
Lasagna Roll-Up (22) Breadstick (17) Broccoli (4) Peas (11) Fruit (15)	Chicken Fajita (20) Mexican Rice (19) Shredded Lettuce Red Peppers & Carrots (6) Fruit (15)	Chicken Patty on a Bun (44) Potato Fries (23) Fresh Vegetables (4) Fruit (15)	Cheese Omelet (1) Two Pancakes (28) Carrots (6) Celery (6) Fruit (15)



**Entrée Alternative**  
**2nd - 6th grade**  
 WOWButter Sandwich (27)  
 with String Cheese (1)

**5th & 6th grade**  
 Salad topped with meat &  
 cheese (3)  
 Bread Slice (13)  
 Crackers (14)

**Prices**  
 Student Price: \$2.60  
 Adult Price: \$3.80  
 Extra Milk: \$0.50

**Daily Milk Choices**  
 Plain Skim (13)  
 Plain 1% (13)  
 Chocolate Skim (20)  
 Lactose Free (upon request)

**Carbohydrate Counts**  
 Numbers listed in the  
 parentheses (#) are the CHO  
 count for that item in full

All menus are subject to  
 change, without notice,  
 due to availability and  
 delivery challenges.

**Questions?**  
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