

# January 2019

## K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Hot Dog	3 Chicken Patty	4 Taco Pizza Bite
	No Service	½ c Berry Cup (15) ¾ c BBQ Beans (39) 2 oz Turkey Hot Dog 2 oz WG Bun [2 OEG] (21) Mustard/Ketchup (3) Milk (12)	4 oz 100% Juice (15) ¾ c Kernel Corn (12) 2 oz Chicken Patty on WG Bun [2OEG] (19) BBQ Packet Milk (12)	½ c Fresh Banana (15) ¾ c Broccoli (4) 3 Taco Pizza Bites [2MMA, 2OEG] (30) Taco Sauce Packet Milk (12)
7 Chicken Burrito	8 Cheese Pizza	9 French Toast & Sausage	10 Turkey Sandwich	11 Spaghetti & Meat Sauce
¼ c Craisins (28) ¾ c Black Beans w/ 2oz Salsa (16) 1.5oz Chicken 0.5oz Cheddar Cheese 10" WG Tortilla [2OEG] (34) Taco Sauce Packet Milk (12)	4 oz 100% Juice (15) ¾ c Baby Carrots (15) WG Cheese Pizza [2MMA, 2OEG] (24) Ranch Packet Milk (12)	½ c Berry Cup (15) ¾ c Tater Tots (18) 2 WG French Toast Sticks [2OEG] (22) 2 oz Turkey Sausage [2MMA] Syrup Cup (31) Ketchup Milk(12)	4 oz 100% Juice (15) ¾ c Side Salad 1.5 oz Turkey 0.5 oz Swiss Cheese on 2 oz WG Bread [2OEG] (24) Mayo/Ranch Milk (12)	½ c Fresh Banana (15) ¾ c Broccoli (4) ½ c WG Rotini [1OEG] (45) 1.5 oz Ground Beef 0.5 oz Mozzarella Cheese 2 oz Marinara Sauce Milk (12)
14 Cheese Quesadilla	15 Chicken Nuggets	16 Mac n' Cheese	17 Hamburger	18 Chicken Bowl
¼ c Craisins (28) ¾ c Green Beans (7) WG Cheese Quesadilla [2MMA, 2OEG] (39) Taco Sauce Packet Milk (12)	4 oz 100% Juice (15) ¾ c Hickory Beans (39) 5 WG Chicken Nuggets [2MMA, 1OEG] (34) BBQ Packet Milk (12)	½ c Berry Cup (15) ¾ c Broccoli (4) 2 oz Cheese Sauce ½ c WG Rotini [1OEG] (20) Topped w/ 1 oz Shredded Cheese Milk (12)	4 oz 100% Juice (15) ¾ c Diced Carrots (7) 2 oz Beef Patty 2oz WG Bun [2OEG] (19) Ketchup/ Mustard Milk (12)	½ c Banana (15) ½ c Mashed Potatoes (10) ¼ c Kernel Corn (5) 2 oz Popcorn Chicken[2MMA, 2OEG] (14) Gravy Milk (12)
21 Salisbury Steak	22 Chicken Parmesan	23 Egg & Cheese Muffin	24 Double Stuffed Pizza	25 Cheesy Rice & Chicken
¼ c Craisins (28) ¾ c Diced Carrots (7) 2 oz Homemade Salisbury Steak w/ Gravy ½ c WG Pasta [1OEG] (45) Milk (12)	4 oz 100% Juice (15) ¾ c Broccoli (4) 2 oz Chicken Breast 0.5oz Cheese ½ c WG Penne Pasta [1OEG] (45) Milk (12)	½ c Berry Cup (15) ¾ c Tater Tots (18) 1.5oz Scrambled Egg Patty 0.5oz American Cheese 2oz WG English Muffin [2OEG] (24) Ketchup Milk (12)	4 oz 100% Juice (15) ½ c Green Beans (5) WG Stuffed Cheese Pizza [2 MMA, 2 OEG] (34) ¼ c Marinara (7) Milk (12)	½ c Banana (15) ¾ c Baked Beans (39) 2 oz Chicken over 1c Cheesy Rice [2OEG] (55) Milk (12)
28 BBQ Chicken & Rice	29 Hot Dog	30 Chicken n' Biscuits	31 Turkey Dinner	
½ c Craisins (28) ¾ c Diced Carrots (7) 2 oz BBQ Chicken ½ c Brown Rice [1OEG] Milk (12)	4 oz 100% Juice (15) ¾ c Green Beans (7) 2 oz Turkey Hot Dog 2oz WG Bun [2OEG] (21) Mustard/ Ketchup (3) Milk (12)	½ c Berry Cup (15) ¾c Broccoli (4) 5 WG Chicken Nuggets [2MMA 1 OEG] (24) 1 oz WG Biscuit [1OEG] (14) Honey Packet (7) Milk (12)	4 oz 100% Juice (15) ½ c Mashed Potatoes (10) ¼ c Kernel Corn (12) 2 oz Turkey w/ Gravy 1oz Dinner Roll [1OEG] (13) Milk(12)	<b>***Menus Subject to Change***</b>

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