

Monday, January 13

Breakfast

Apple or Cherry Frudel

Lunch

Corn Dog
or Cheeseburger

Potato Puffs
Baked Beans
Applesauce

Tuesday, January 14

Breakfast

Cinnamon Roll

Lunch

Chicken Strips w/
Macaroni & Cheese
or Cheeseburger

Steamed Broccoli Florets
Peach Slices

Wednesday, January 15

Breakfast

Fruit & Yogurt Parfait
Blueberry Muffin

Lunch

French Toast Sticks w/
Sausage Links
or Cheeseburger

Potato Smiles
Carrot Coins
Apple Crisp

Thursday, January 16

Breakfast

Pancake & Sausage Breakfast
Stick

Lunch

Pasta w/ Meat Sauce
Garlic Breadstick
or Cheeseburger

Steamed Green Beans
Pear Slices

Friday, January 17

Breakfast

Mini Maple Pancakes

Lunch

Big Daddy Cheese Pizza
or Cheeseburger

Steamed Peas & Carrots
Pineapple Tidbits

Wellness Committee

Anyone interested in
joining the Moniteau
School District Wellness
Advisory Committee please
contact Jennifer Zellefrow
at 724-637-2091 Ext. 1760
or
jzellefrow@moniteau.org

**Martin Luther
King, Jr.**

1929
1968



No School

Tuesday, January 21

Breakfast

Mini Cinnis

Lunch

Tangerine Chicken over Rice
or Stuffed Crust Pizza

Oriental Vegetable Blend
Pineapple Tidbits

Wednesday, January 22

Breakfast

Blueberry Bread Slice

Lunch

Salisbury Steak w/ Dinner
Roll
or Stuffed Crust Pizza

Whipped Potatoes w/ Gravy
Sweet Peas
Mandarin Oranges

Thursday, January 23

Breakfast

Breakfast Sandwich

Lunch

Grilled Cheese Sandwich
or Stuffed Crust Pizza

Creamy Tomato Soup
Mixed Vegetables
Applesauce

Friday, January 24

Breakfast

Mini Confetti Pancakes

Lunch

Ham & Cheese Pretzel Melt
or Stuffed Crust Pizza

Potato Smiles
Baked Beans
Pear Slices



**Q: How can you tell if your
beans need a shower?!**



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 27

Breakfast

Oatmeal Chocolate Chip Bar

Lunch

Chicken Strips w/ Soft Pretzel
or Chicken Pattie Sandwich

Mixed Vegetables
Pear Slices

Tuesday, January 28

Breakfast

**National Blueberry
Pancake Day!**
Mini Blueberry Pancakes

Lunch

Taco Tuesday!
Crunchy or Soft Shell Taco
w/ Raspberry Churro
or Chicken Pattie Sandwich

Golden Corn Kernels
Mandarin Oranges

Wednesday, January 29

Breakfast

Glazed Donut

Lunch

Baked Italian Sub
or Chicken Pattie Sandwich

Chicken Noodle Soup
California Vegetable Blend
Pineapple Tidbits

Thursday, January 30

Breakfast

Pancake & Sausage Breakfast
Stick

Lunch

National Croissant Day!
Egg, Sausage & Cheese
Croissant Sandwich
or Chicken Pattie Sandwich

Hash Brown Potato Rounds
Carrot Coins
Applesauce

Friday, January 31

Breakfast

Banana Bread Slice

Lunch

Homemade Pepperoni or
Cheese Pizza
or Chicken Pattie Sandwich

Steamed Green Beans
Peach Slices