#### Monday, January 13

# **Breakfast**

Apple or Cherry Frudel

# Lunch

Corn Dog or Cheeseburger

Potato Puffs Baked Beans Applesauce

#### Tuesday, January 14

# <u>Breakfast</u>

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

#### <u>Lunch</u>

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



## 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



# Monday, January 27

# <u>Breakfast</u>

Oatmeal Chocolate Chip Bar

# <u>Lunch</u>

Chicken Strips w/ Soft Pretzel or Chicken Pattie Sandwich

> Mixed Vegetables Pear Slices

# Tuesday, January 28

# <u>Breakfast</u>

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

# <u>Lunch</u>

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

Hash Brown Potato Rounds Carrot Coins Applesauce

# Friday, January 31

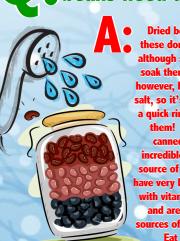
# <u>Breakfast</u>

Banana Bread Slice

# <u>Lunch</u>

Homemade Pepperoni or Cheese Pizza or Chicken Pattie Sandwich

> Steamed Green Beans Peach Slices



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