

Monday

Jan 3

Chicken Filet Sandwich
Assorted Baked Chips
Ham & Cheese Sandwich
5 a day fruit & veg bar
Veggie Cruncher
Fat Free Chocolate Milk
MILK,1% Lowfat
MILK,Skim
Lactaid

Tuesday

Jan 4

Chef's Salad
Assorted Salad Dressing
Whole Wheat Rolls
Alternate
Turkey and Cheese Sub
Lettuce & Tomato
Sun Chip, Original
BANANAS
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Wednesday

Jan 5

Cheese Pizza Stix
Marinara Sauce
Farmer's Garden Salad *RESIZED*
Diced Peaches
Alternate
Sun Butter + Jelly Sandwich
Sun Chip, Original
5 a day fruit & veg bar
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Thursday

Jan 6

Chicken & Gravy
Whipped Potato
PEAS & CARROTS: frozen,boiled
Diced Peaches
Alternate
Asst. Grab & Go Salads
Cornbread
Orange wedges
5 a day fruit & veg bar
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Friday

Jan 7

Mac n Cheese
Alternate
Tuna on WW bun
PEAS: frozen,boiled
Farm fresh apple
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 10

Boneless Pork Rib Sandwich
Home made Cole Slaw
Alternate
(Turkey) Bologna and
Cheese Sub, lett. & Toma
Assorted Baked Chips
5 a day fruit & veg bar
MILK,Skim
MILK,1% Lowfat
Milk, FF Chocolate, HOOD
Lactaid

Jan 11

Meatball Sub
Alternate
Egg Salad Sandwich
Caesar Side Salad
MIXED FRUIT: frozen,sweetened *RESIZED*
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 12

Pizza with Cheese WW Crust
Alternate
Sun Butter + Jelly Sandwich
Side Salad
5 a day fruit & veg bar
Sidekicks! Sour Cherry
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Jan 13

Chicken Tenders
Alternate
Tuna on WW bun
French Fries
CORN: frozen, yellow
Whole Wheat Rolls
5 a day fruit & veg bar
KETCHUP: individual
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Jan 14

Broccoli Cheddar Soup
Whole Grain Dinner Roll
Pat of Butter
Alternate
Sun Butter + Jelly Sandwich
5 a day fruit & veg bar
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Jan 17

HOLIDAY

Jan 18

Nacho Boats
Spanish Rice!
REFRIED BEANS *RESIZED*
Alternate
Egg Salad Sandwich
Assorted Baked Chips
Farm fresh apple
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 19

Pizza with Cheese WW Crust
Roasted Green Beans
Orange wedges
Alternate
Sun Butter + Jelly Sandwich
Milk, FF Chocolate, HOOD
MILK,Skim
MILK,1% Lowfat
Lactaid
5 a day fruit & veg bar

Jan 20

Cheeseburger on WW Bun
Alternate
BBQ Chicken flatbread
Green Beans, frozen
BAKED BEANS (VEGETARIAN)
French Fries
FRUIT COCKTAIL:canned,It syrup *RESIZED*
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 21

Breakfast for Lunch
Scrambled Eggs, USDA frozen
Breakfast Sausage Patty
WG Cinnamon Bun
Strawberries, frozen
Alternate
Turkey & Cheese Wrap
Parm. Garlic Pita Chips
PINEAPPLE CHUNKS:canned,It syr
KETCHUP: individual
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 24

Popcorn Chicken, fritter
Whipped Potato
Whole Grain Dinner Roll
Turkey Gravy
Alternate
Chili with Beans
Veggie Cruncher
5 a day fruit & veg bar
Jello with whip topping
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Jan 25

Creamy Turkey Tetrazzini
Alternate
Sun Butter + Jelly Sandwich
PEAS & CARROTS: frozen,boiled
5 a day fruit & veg bar
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Jan 26

Cheese Quesadilla!
Spanish Rice!
REFRIED BEANS
Alternate
Sub, Bologna and Cheese, 6"
Assorted Baked Chips
Coc. Chip Cookie
FRUIT COCKTAIL:canned,It syrup *RESIZED*
5 a day fruit & veg bar
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid

Jan 27

Beef Hot dog on WW bun
Alternate
Ham & Cheese Sandwich
Sweet Potato "Fries" v.2
BAKED BEANS (VEGETARIAN)
KETCHUP: individual
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 28

Spaghetti and Sauce!
String Cheese
Caesar Side Salad
Alternate
Tuna on WW bun
Farm fresh apple
Milk, FF Chocolate, HOOD
MILK,1% Lowfat
MILK,Skim
Lactaid
5 a day fruit & veg bar

Jan 31

Ole' style Pulled Pork
Cornbread
Alternate

Egg Salad Sandwich
Orange wedges

APPLESAUCE CAKE

PEAS: frozen,boiled

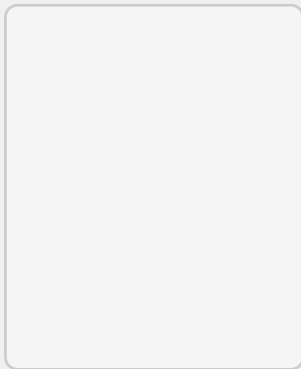
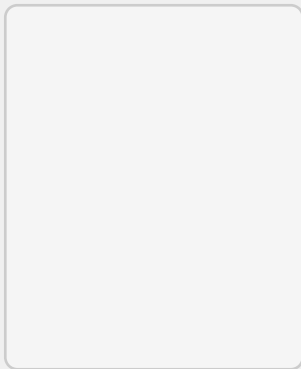
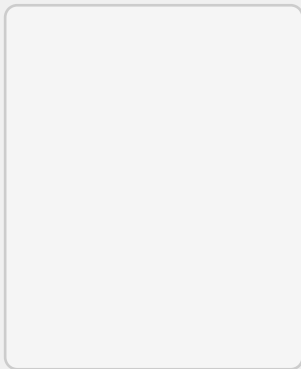
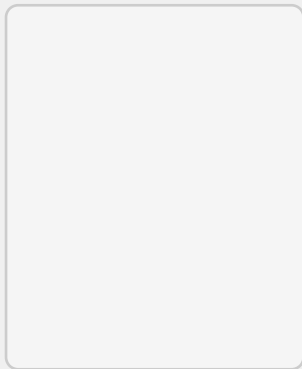
Milk, FF Chocolate, HOOD

MILK,1% Lowfat

Lactaid

MILK,Skim

5 a day fruit & veg bar



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