






January 2019



**Lunch** All meals served with milk: 1% White, Fat Free Chocolate

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>NO SCHOOL</b>	<b>2</b> <b>NO SCHOOL</b>	<b>3</b> <b>NO SCHOOL</b>	<b>4</b> <b>NO SCHOOL</b>	<b>5</b>
<b>6</b>	<b>7</b> Chicken Fry Steak / Corn Mash. Potatoes Gravy / Roll Applesauce	<b>8</b> Taco&Cheese Burrito Refried Beans Steamed Carrots Diced Peaches	<b>9</b> Mini Corn Dogs / Fries Green Beans Sugar Cookie Mand. Oranges	<b>10</b> Eagle Nacho Dip / Tort. Chips Tossed Salad Cucumber Slices Diced Pears	<b>11</b> Chicken Strips / Roll Potato Wedges Steamed Peas Pineapple Bits	<b>12</b>
<b>13</b>	<b>14</b> Biscuit & Gravy / Tri-Tater Yogurt / Eggs Veg. Juice Mixed Fruit	<b>15</b> Chili Saltine Crackers Baby Carrots Cinnamon Roll Diced Peaches	<b>16</b> Hamburger Pattie / Bun Baked Beans Tater Tots Apple Wedges	<b>17</b> Cheese Pizza Tossed Salad Cherry Tomatoes Diced Pears	<b>18</b> Chicken & Noodles / Roll Mash. Potatoes Steam. Broccoli Applesauce	<b>19</b>
<b>20</b>	<b>21</b> <b>NO SCHOOL</b>	<b>22</b> Grilled Ham & Cheese Sand. Fries / G. Beans Fresh Grapes Brownie *	<b>23</b> Burrito Meat Tortilla Shell Refried Beans Steamed Corn Mand. Oranges	<b>24</b> Ch. Bread- sticks / Sauce Tossed Salad Baby Carrots Diced Peaches	<b>25</b> Chicken Nuggets / Roll Mash. Potatoes Gravy / Peas Diced Pears	<b>26</b>
<b>27</b>	<b>28</b> <b>NO SCHOOL</b>	<b>29</b> Turkey Fritter Mash. Potatoes Gravy / Roll Steamed Carrots Mixed Fruit	<b>30</b> Ham Slice Mac-n-Cheese Veg. Juice / Corn Breadstick Pineapple Bits	<b>31</b> Fiestada Pizza Tossed Salad Cucumber Slices Applesauce		
						

The National School Lunch Program Guidelines require we offer each student 5 Food Components:

1. Meat/Meat Alternate (Proteins)
2. Grains
3. Vegetables
4. Fruits
5. Milk

Students are allowed to accept only 3 of the 5 required food components, one of which has to be a fruit or vegetable. We encourage every student to take all the foods that are offered!

This Institution is an Equal Opportunity Provider

Any food item followed by an \* may contain Peanut Butter

Menu subject to change without notice