

January 2018

Enjoy a Great Lunch Today!



January Food ball Party Tips- Sundays are perfect times to huddle with family and friends. Tackle Nutrition on game day.
 Pre-Game Picks- Cheese and fruit platter for a healthy start.
 Second-Half Sweets- Layer vanilla pudding with crumbled chocolate Graham crackers, strawberries and blueberries.
 Refuel in the 4th – with Cheese Pizza and Fresh Veggies.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1
Happy New Year !

2
No School Today

3
No School Today

4
Rib Patty on a Bun
Tri Tater
Baked Beans
Apple
Milk

5
Chicken & Noodles
Mashed Potatoes
Green Beans
Diced Peaches
WG Roll w/ Jelly, Milk

8
Bean & Beef Burrito
Salsa, Bell Pepper Strips
Seasoned Corn
Pineapple Tidbits, Milk

9
Country Beef Patty
Potatoes & Brown Gravy
Steamed Broccoli
Banana, WG Roll, Milk

10
Turkey & Cheese Su
Leaf lettuce & Tomato
Vegetable Soup
Apple Sauce, Milk

11
BBQ Pork on a Bun
Oven Fries
Baked Beans, Orange
Brownie, Milk

12
Stromboli Squares
Garden Salad
Baby Carrots
Tropical Fruit, Milk

15
No School Today
Teachers –In-Service

16
Grilled Chicken Wrap
Leaf Lettuce, Tomato
Baby Carrots
Banana, Milk

17
Biscuits & Gravy
Sausage Patty
Hash Brown, Apple
Broccoli Florets, Milk

18
White Chicken Chili
Corn Bread
Celery & Cucumber
Diced Peaches, Milk

19
Mini Meatball Sub
Tossed Salad
Tri-Tater
Fresh Oranges, Milk

22
Pork Rib on a bun
Leaf Lettuce & Tomato
Sweet Potato Puffs
Fresh Apple, Milk

23
Taco Soup, Salsa &
Chips, Baby Carrots
Strawberries & Banana
Milk

24
Corn Dog
Baked Beans
Tater Tots, Fruit Cocktail
Snickerdoodle, Milk

25
Chicken Fajita
Tortilla Chips, Red Bell
Peppers, Broccoli Florets
Diced Pears, Milk

26
Sub Sandwich
Garden Salad
Fresh Orange
Milk

29
Cheese Breadsticks
w/Marinara Sauce
Seasoned Corn, Apple
Tossed Salad, Milk

30
Pulled Pork Sandwich
Creamy Coleslaw
Baked Beans
Grapes, Milk

31
Cheese Pizza
Steamed Carrots
Broccoli Florets
Pineapple Tidbits
Oatmeal Cookie, Milk

