

# ALLEN PARISH SCHOOL BOARD – JANUARY 2019

Revised 12/27/2018

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**ALL MEALS INCLUDE... Choice of Milk Each Day**



**HOLIDAY**

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WEEK 1 7  
 Chicken Nuggets & Catsup  
 Mac & Cheese  
 Broccoli Cuts  
 Steamed Corn  
 Apricot Slices  
 Fresh Grapes

8  
 Pork or Turkey Roast  
 Steamed Rice & Gravy  
 Whole Wheat Bread Stick  
 Sweet Potatoes  
 with Orange Glaze  
 Seasoned Black Eyed Peas  
 Pineapple Tidbits or Apple

9  
 Beef, Bean & Cheese Burrito  
 with Salsa, Spanish Rice  
 Salad with Lettuce & Tomato &  
 Salad Dressing  
 Mexican Beans  
 Sliced Peaches  
 Juicy Plum

10  
 Chicken Spaghetti  
 Whole Wheat Italian Bread  
 with Dipping Sauce  
 Steamed Carrots  
 Celery Sticks with Ranch  
 Diced Pears  
 Applesauce

11  
 Crispy Fish Patty & Catsup  
 Scalloped Potatoes  
 Great Northern Beans  
 or Baked Beans  
 Fruit Cocktail  
 Banana  
 Whole Wheat Sugar Cookie

WEEK 2 14  
 Sloppy Joe or BBQ Rib Burger  
 Crispy Sweet Potato Fries  
 & Catsup  
 Lettuce Sandwich Cup  
 with Cucumber & Tomato  
 Pineapple Tidbits  
 Apple Slices

15  
 Red Beans & Sausage  
 Steamed Rice  
 Cornbread  
 Steamed Green Beans  
 Vegetable Melody  
 Melon Cup  
 Mandarin Oranges

16  
 Hot Ham & Cheese Sandwich  
 or Corn Dog  
 Mayo/Mustard/Catsup  
 Sweet Potato Fries  
 Romaine Salad  
 with Italian Dressing & Croutons  
 Fruit Cocktail  
 Raisin Cup

17  
 Meatloaf with Gravy  
 Mashed Potatoes  
 Whole Wheat Roll  
 Great Northern Beans  
 Sliced Peaches  
 Juicy Plum

18  
 Pepperoni or Cheese Pizza  
 Broccoli Cuts & Cheese Sauce  
 Garden Salad, Tomato,  
 Cucumber & Ranch Dressing  
 Steamed Corn  
 Apricot Slices  
 Applesauce

WEEK 3 21  
**HOLIDAY**

22  
 Chicken & Sausage Jambalaya  
 Cornbread  
 Seasoned Mustard Greens  
 Cream Style Corn  
 Fresh Fruit Cup  
 Fresh Apple

23  
 Baked Ham  
 Yam Pattie  
 Baby Lima Beans  
 Whole Wheat Roll  
 Diced Pears  
 Pineapple Tidbits

24  
 Spaghetti & Meat Sauce  
 Whole Wheat Breadsticks  
 Vegetable Melody  
 Creamy Coleslaw  
 Melon Cup  
 Orange Wedges

25  
 Cheeseburger on a WW Bun  
 or Egg Salad Sandwich  
 Mayo/Mustard/Catsup  
 Sandwich Cup, Pickle Slice  
 Sweet Potato Fries  
 Fruit Cocktail  
 Apple Slices

WEEK 4 28  
 Turkey Hot Dog on a Bun  
 Shredded Cheese Cup  
 Mayo/Mustard/Catsup  
 Crispy Crinkle French Fries  
 Steamed Corn  
 Orange Wedges  
 Fresh Fruit Cup

29  
 BBQ Chicken  
 Mashed Potatoes with Gravy  
 Steamed Green Beans  
 Baked Beans  
 Whole Wheat Roll  
 Peach Slices  
 Banana

30  
 Beef/Turkey Nachos  
 with Cheese  
 Whole Grain Tortilla Chips  
 Mexican Style Beans  
 Lettuce/Tomato Cup  
 Pear Halves  
 Fresh Grapes

31  
 Chicken & Sausage Gumbo  
 with Steamed Rice  
 Vegetable Melody  
 Seasoned Mustard Greens  
 Saltine Crackers  
 Pineapple Rings & Cherry  
 Banana