



Monday

Tuesday

Wednesday

Thursday

Friday

2019

happy new year

4



Fish Sticks
Dinner Roll
Baked Beans
Fruit and Milk

8

4 sticks, 1 roll, ¼ c beans, ¼ c fruit, 8oz milk

Scrambled Egg Supreme
Waffle
Sweet Potato Tots
Fruit and Milk

9

3/8 c eggs, 1 waffle, ¼ c tots, ¼ c fruit, 8oz milk

Oven Roasted Chicken
Dinner Roll
Green Beans
Fruit and Milk

10

4 oz chicken, 1 roll, ¼ c green beans, ¼ c fruit, 8oz milk

Pepperoni Pizza
Mandarin Orange Salad
Milk

11

1 slice pizza, ½ c salad mix, ¼ c fruit, 8oz milk

BBQ Bites
Dinner Roll
Corn
Fruit and Milk

14

5 meatballs, 1 roll, ¼ c corn, ¼ c fruit, 8oz milk

Salisbury Steak w/Gravy
Dinner Roll
Green Beans
Fruit and Milk

15

1 steak, 1oz gravy, 1 roll, ¼ c beans, ¼ c fruit, 8oz milk

Chicken Tenders
Cornbread
Black-eyed Peas
Fruit and Milk

16

3 tenders, 1 cornbread, ¼ c peas, ¼ c fruit, 8oz milk

Taco Soup
Grilled Cheese
Sweet Potato Tots
Fruit and Milk

17

1c soup, ½ sandwich, ¼ c tots, ¼ c fruit, 8oz milk

Cheeseburger
French Fries
Fruit and Milk

18

1 burger, ¼ c fries, ¼ c fruit, 8oz milk

I Have A Dream



Martin Luther King, Jr. Day

Spaghetti w/Meat Sauce
Breadstick
Green Beans
Fruit and Milk

22

¾ c spaghetti, 1 breadstick, ¼ c beans, ¼ c fruit, 8oz milk

Beef Tenders
Rice
Baked Beans
Fruit and Milk

23

4 tenders, ½ c rice, ¼ c beans, ¼ c fruit, 8oz milk

Sliced Pork Roast w/Gravy
Roll
Mashed Potatoes
Fruit and Milk

24

2oz roast, 1oz gravy, 1 roll, ¼ c potatoes, ¼ c fruit, 8oz milk

Cheese Pizza
Mandarin Orange Salad
Milk

25

1 slice pizza, ½ c salad mix, ¼ c fruit, 8oz milk

BBQ Pork Sandwich
Baked Beans
Fruit and Milk

28

1 sandwich, ¼ c beans, ¼ c fruit, 8oz milk

Chicken Tenders
Dinner Roll
French fries
Fruit and Milk

29

3 tenders, 1 roll, ¼ c fries, ¼ c fruit, 8oz milk

Chicken and Noodles
Green Beans
Fruit and Milk

30

¾ c noodles, 1/4 c beans, ¼ c fruit, 8oz milk

Chicken Nachos
Pinto Beans
Fruit and Milk

31

3oz meat, 2oz cheese sauce, 1oz chip, ¼ c bean, ¼ c fruit, 8oz milk

