

School  
District Name



January 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Why is it not wise to tell secrets in a cornfield?**

There are too many ears!

Special an\*Milk and Orange Juice are served with breakfast. Cereal is a 2<sup>nd</sup> choice every morning. \*Milk, fresh fruit, and garden salad are served with every lunch. \*We use all whole grain / whole wheat products. \*Menu is subject to change without notice.

**What am I?**

I'm round and grow under the ground. My tall green tops taste good in soups and salads, but my red or golden root tastes nice and sweet.

Beets

This institution is an equal opportunity provider.

|  |   |   |   |  |
|--|---|---|---|--|
|  | 1<br>Winter Break   | 2<br>Winter Break   | 3<br>Winter Break   | 4<br>No School<br>TQPD Day   |
| 7<br>Chili, Crackers<br>Celery & Carrots<br>School Made Roll<br>Applesauce<br>Cereal, Toast,<br>Fruit Cup                    | 8<br>Soft Shell Taco<br>Lettuce, Tomatoes,<br>Refried Beans, Salsa,<br>Peaches<br>Omelet, Sausage,<br>Toast, Applesauce | 9<br>Hamburger / Bun<br>Pickles, Green<br>Beans, Pineapple,<br>Fruit Smoothie<br>Breakfast Pizza<br>Apple | 10<br>Shrimp Poppers,<br>Mashed Potatoes,<br>Salad, Apple Crisp<br>Long John<br>Banana              | 11<br>Pork Patty / Bun<br>Baked Beans<br>Pears<br>Pancake on a Stick<br>Orange                   |
| 14<br>Sub Sandwich<br>Broccoli, Cucumbers<br>Lettuce, Tomatoes,<br>Pineapple<br>Egg Patty, Sausage,<br>Toast, Applesauce     | 15<br>Chicken & Noodles<br>Cooked Carrots,<br>Cheese Slice, Roll<br>Peaches<br>Nutrigrain Bar, Toast,<br>Orange         | 16<br>Meat Pizza,<br>Green Beans, Green<br>Beans, Pears,<br>Sherbet<br>Breakfast Pizza<br>Fruit Cup       | 17<br>Eggo Waffle,<br>Hash Browns,<br>Sausage, Egg Patty,<br>Applesauce<br>Breakfast Wrap<br>Banana | 18<br>Sloppy Joe / Bun,<br>Baked Beans<br>Mixed Fruit<br>Cereal, Toast,<br>Apple                 |
| 21<br>Walking Taco,<br>Nacho Chips, Lettuce,<br>Tomatoes, Refried<br>Beans, Salsa,<br>Peaches<br>Pancake on a Stick<br>Apple | 22<br>Hot Dog / Bun<br>Baked Beans,<br>Pears, Fruit Smoothie<br>Yogurt, Toast,<br>Orange                                | 23<br>Lasagna<br>Lettuce, Carrots,<br>Bread Stick,<br>Applesauce<br>Breakfast Pizza<br>Fruit Cup          | 24<br>Chicken Nuggets,<br>Corn, Pineapple,<br>Cookie<br>Cereal, Toast,<br>Banana                    | 25<br>Rib Patty / Bun<br>Green Beans,<br>Mixed Fruit<br>Egg patty, Sausage,<br>Toast, Applesauce |
| 28<br>Pepperoni French<br>Bread Pizza, Corn,<br>Applesauce, Fruit<br>Smoothie<br>Cereal, Toast,<br>Apple                     | 29<br>Fajita Chicken Wrap,<br>Black Bean Salsa,<br>Lettuce, Tomatoes,<br>Pineapple<br>Omelet, Toast,<br>Peaches         | 30<br>Fish / Bun<br>Green Beans,<br>Celery, Strawberries,<br>Cake<br>Breakfast Pizza,<br>Applesauce       | 31<br>Italian Pasta Bake,<br>Lettuce, Carrots,<br>Bread Stick, Peaches<br>Long John<br>Banana       |  |



Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.

