

January 2016



Natural peanut butter (just peanuts and salt) and non-high fructose corn syrup jelly on whole grain sandwich bread is available every day as a menu alternative. Only whole grains are served. Fruit is offered with every meal. Chocolate skim milk (without high fructose corn syrup) and 1% milk are offered. Lunch costs \$2.75. A la carte milk is 50 cents. A second slice of pizza is \$1.50. This is a seasonal menu that will change throughout the year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No School	3 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	4 Vegetarian Three Bean Chili Whole Grain Buttermilk Biscuit Mixed Fruit Healthy Choice Bar	5 Orange Chicken Brown Rice Green Onions & Cilantro Sliced Peaches Healthy Choice Bar	6 Honey Lemon Chicken Brown Rice Pilaf Roasted Kale w/ Garlic Applesauce Cups Healthy Choice Bar	7
8	9 Crispy Chicken Sandwich with Lettuce/Tomato Mashed Potatoes Sliced Peaches Healthy Choice Bar	10 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	11 Harvest Bean Soup Whole Grain Buttermilk Biscuit Sliced Pears Healthy Choice Bar	12 Popcorn Chicken MFT BBQ Sauce Quinoa Salad Mandarin Oranges Healthy Choice Bar	13 No School	14
15	16 No School	17 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	18 Vegetarian Three Bean Chili Whole Grain Buttermilk Biscuit Mixed Fruit Healthy Choice Bar	19 Orange Chicken Brown Rice Green Onions & Cilantro Sliced Peaches Healthy Choice Bar	20 Rainbow Trout Fish Sticks Baked Potato Wedges Fresh Seasonal Fruit Healthy Choice Bar	21
22	23 Crispy Chicken Sandwich with Lettuce/Tomato Mashed Potatoes Sliced Peaches Healthy Choice Bar	24 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups	25 Harvest Bean Soup Whole Grain Buttermilk Biscuit Sliced Pears Healthy Choice Bar	26 Popcorn Chicken MFT BBQ Sauce Quinoa Salad Mandarin Oranges Healthy Choice Bar	27 Sliced Turkey & Cheese Sandwich On Whole Grain Bun Fresh Seasonal Fruit Healthy Choice Bar	28
29	30 Beef Hamburger Whole Grain Bun Sliced Cheese Tomato, Lettuce Mixed Fruit Healthy Choice Bar	31 Cheese Pizza Marinara Dipping Sauce Roasted Veggies Seasonal Fresh Fruit Grab & Go Salad Cups				

Menu is subject to change.

"This institution is an equal opportunity provider."