

January 2017

MONDAY

-No School-

2

TUESDAY

-No School-

3

WEDNESDAY

-No School-

4

THURSDAY

-No School-

5

FRIDAY

-No School-

6

**\$\$ Earn Extra Cash! \$\$
Help Wanted**

**Substitute Food Service
Workers**

\$11.84 per hour

**May be offered 2-4 hours
per day.**

**Apply online at:
www.edjoin.org**

**Meals may be pre-purchased
online at:**

www.myschoolbucks.com

Menus subject to change.

***Contains pork products.**

**Items in *italics* are
for salad bar.**

**Each meal is served with a
choice of: 1% Lowfat Plain
or Non-Fat Chocolate Milk.**

-No School-

9

Corn Dog
Animal Crackers
Green Peas
Canned Yellow Corn
Green Beans
Mixed Vegetables
Mixed Fruit Cocktail
Seasonal Fresh Fruit

10

**Turkey & Cheese
Sandwich**
Green Salad
Baby Carrot Sticks
Green Beans
Celery Sticks
Pineapple Tidbits
Seasonal Fresh Fruit

11

Pepperoni Pizza*
or
Cheese Pizza
Diced Turkey
Pinto Beans
Green Salad
Baby Carrot Sticks
Broccoli Trees
Mixed Fruit Cocktail
Seasonal Fresh Fruit

12

Chicken Nuggets
Goldfish Cheddar Crackers
Green Salad
Green Beans
Vegetable Variety
Fresh Vegetable Variety
Canned Pears
Seasonal Fresh Fruit

13

-No School-

**Martin Luther
King Jr. Day**

16

**Teriyaki Beef
Nuggets**
Whole Grain Roll
Mashed Potatoes
Green Salad
Baby Carrot Sticks
Mixed Vegetables
Broccoli Trees
Pineapple Tidbits
Orange Smiles

17

Cheese Enchiladas
Refried Beans
Green Salad
Salsa
Jicama Sticks
Canned Yellow Corn
Mixed Fruit Cocktail
Seasonal Fresh Fruit

18

**Chicken Patty
Sandwich**
Green Salad
Celery Sticks
Baby Carrot Sticks
Broccoli Trees
Canned Pears
Seasonal Fresh Fruit

19

Hot Dog
Cheez Its
Green Salad
Bean Variety
Fresh Vegetable Variety
Vegetable Variety
Applesauce
Seasonal Fresh Fruit

20

Chicken Nuggets
Goldfish Cheddar Crackers
Green Salad
Baby Carrot Sticks
Broccoli Trees
*Gelatin with Fruit**
Canned Peaches
Crisp Apple

23

Cheese Pizza
Green Salad
Baby Carrot Sticks
Mixed Vegetables
Celery Sticks
Applesauce
Orange Smiles

24

French Toast Sticks
Beef Sausage Patty
Shredded Cheese
Green Salad
Green Beans
Broccoli Trees
Pineapple Tidbits
Seasonal Fresh Fruit

25

Cheeseburger
Green Salad
Broccoli Trees
Celery Sticks
Cherry Tomatoes
Mixed Fruit Cocktail
Seasonal Fresh Fruit

26

Chicken Drumstick
Whole Grain Biscuit
Black Beans
Green Salad
Canned Yellow Corn
Fresh Vegetable Variety
Canned Pears
Seasonal Fresh Fruit

27

Pepperoni Pizza*
or
Cheese Pizza
Diced Turkey
Kidney Beans
Green Salad
Baby Carrot Sticks
Broccoli Trees
Pineapple Tidbits
Crisp Apple

30

Bean Burrito
Green Salad
Celery Sticks
Jicama Sticks
Mixed Vegetables
Canned Peaches
Orange Smiles

31

Kiwi

will be featured on the salad bar Thursday, January 19th.



Kiwis provide an excellent source of Vitamin C and Vitamin K. It is also a good source of fiber. Vitamin C helps the body heal cuts and wounds. It also helps lower the risk of infection.

Kiwis are a great fast food. Just grab, cut, scoop, and go. You can even eat the skin for extra fiber!

**Harvest
of the
Month**