

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-No School- 2	-No School- 3	-No School- 4	-No School- 5	-No School- 6
-No School- 9	10 Corn Dog or Bean Burrito Animal Crackers Green Peas Canned Yellow Corn Green Beans Mixed Vegetables Mixed Fruit Cocktail Seasonal Fresh Fruit	11 Turkey & Cheese Sandwich or Yogurt, String Cheese & Muffin Green Salad Baby Carrot Sticks Broccoli Trees Celery Sticks Pineapple Tidbits Seasonal Fresh Fruit	12 Pepperoni Pizza* or Grilled Cheese Sandwich Diced Turkey Pinto Beans Green Salad Baby Carrot Sticks Broccoli Trees Mixed Fruit Cocktail Seasonal Fresh Fruit	13 Chicken Nuggets or Cheese Pizza Goldfish Cheddar Crackers Green Salad Green Beans Vegetable Variety Fresh Vegetable Variety Canned Pears Seasonal Fresh Fruit
-No School- 16 Martin Luther King Jr. Day	17 Teriyaki Beef Nuggets or Chicken Drumstick Whole Grain Roll Mashed Potatoes Green Salad Baby Carrot Sticks Mixed Vegetables Broccoli Trees Pineapple Tidbits Orange Smiles	18 Cheese Enchiladas or Pepperoni Pizza* Refried Beans Green Salad Salsa Jicama Sticks Canned Yellow Corn Mixed Fruit Cocktail Seasonal Fresh Fruit	19 Chicken Patty Sandwich or Bean Burrito Green Salad Celery Sticks Baby Carrot Sticks Broccoli Trees Canned Pears Seasonal Fresh Fruit	20 Hot Dog or Graham Cracker Sticks, Sunbutter & String Cheese Cheez Its Green Salad Bean Variety Fresh Vegetable Variety Vegetable Variety Applesauce Seasonal Fresh Fruit
23 Chicken Nuggets or Cheesy Breadsticks Goldfish Cheddar Crackers Marinara Sauce Green Salad Baby Carrot Sticks Broccoli Trees Gelatin with Fruit* Canned Peaches Crisp Apple	24 Cheese Pizza or Turkey & Cheese Sandwich Green Salad Baby Carrot Sticks Mixed Vegetables Celery Sticks Applesauce Orange Smiles	25 French Toast Sticks Beef Sausage Patty or Corn Dog Shredded Cheese Green Salad Green Beans Broccoli Trees Pineapple Tidbits Seasonal Fresh Fruit	26 Cheeseburger or Grilled Cheese Sandwich Green Salad Broccoli Trees Celery Sticks Cherry Tomatoes Mixed Fruit Cocktail Seasonal Fresh Fruit	27 Chicken Drumstick or Muffin, String Cheese & Trail Mix Whole Grain Biscuit Black Beans Green Salad Canned Yellow Corn Fresh Vegetable Variety Canned Pears Seasonal Fresh Fruit
30 Pepperoni Pizza* or Turkey & Cheese Sandwich Diced Turkey Kidney Beans Green Salad Baby Carrot Sticks Broccoli Trees Pineapple Tidbits Crisp Apple	31 Bean Burrito or Chicken Nuggets Green Salad Celery Sticks Jicama Sticks Mixed Vegetables Canned Peaches Orange Smiles	Kiwi will be featured on the salad bar Thursday, January 19 th .  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!		

**\$\$ 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.

