

<p>January 9 Dilled Chicken Breast Sandwich (Proview) BD Pizza California Blend-1/2c. Pears-1/2c.</p>	<p>Smothered Burrito Ham & Cheese Stuffer Refried Beans-1/2c Romaine Lettuce Pineapple Tidbits - ½ cup</p>	<p>Ling's General Tso Chicken With Rice *Pork Chop Sandwich Broccoli -1/2 cup Mandarin Oranges- ½ cup</p>	<p>Spaghetti W/ Meat Sauce- 1 Garlic Bread -1 Chicken Philly-1 Ketchup/Mustard - 1 each Green Beans-1/2 c Peaches- ½ cup</p>	<p style="text-align: center;">NO SCHOOL</p>
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<p>January 23 Potato Encrusted Fish w/ Dinner Roll. Beef & Cheese Philly Baked Beans -1/2c Prince Edward Blend -1/2c. Mandarin Oranges-1/2 cup</p>	<p>Soft Shell Tacos Taco Sauce/Lite Sour Cream *Pulled Pork Sandwich Romaine Lettuce -1 cup Refried Beans- ½ cup Pears- ½ cup</p>	<p>Pop Corn Chicken Bowl Jalapeno Stuffer Sandwich Mashed Potatoes -1/2 c Gravy-2 oz Corn-1/2c. Green Beans-1/2c. Rosy Applesauce-1/2 cup</p>	<p>French Bread Pizza - 1w/Marinara Sauce-2 oz. Gyro w/Cucumber Sauce Broccoli-1/2 cup Sweet Potato Fries-1 serving Peaches -1/2 cup</p>	<p>Calzone -1 Manager's Choice - 2 Gr Cooked Carrots – ½ cup Side Salad w/veggie Mixed Fruit- ½ cup Frozen Fruit Cup- ½ cup</p>
<p>January 30 Chicken Chunks (Proview) Dinner Roll-1 oz Gilardi Cheesy Breadsticks-1 Cup of Chili-4 oz. With Marinara Sauce – 2 oz Broccoli-1/2 cup Pineapple- ½ cup</p>	<p>Quesadilla Cheese Burger w/Pico *Bratwurst/Bun Sweet Potato Fries –1/2 cup Shredded- Romaine Lettuce -1c Corn Salsa- 2 oz. Black Bean Fiesta- ½ cup Pears- ½ cup</p>			

*Contains Pork

Students may take 2 scoops of one vegetable or 2 different vegetables to equal 1 cup

8 oz. nonfat and low fat unflavored milk is served with all meals