

January 3 - January 31

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Black Bean and Corn Salad-3/4 c. Cherry Craisins-1/2 c. Milk-8 oz.	Meatball Parmigiana Sub on a Whole Grain Sub Roll-1 Diced Carrots-1 c. Fresh Orange Milk-8 oz.	All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Fresh Broccoli Florets with Dip-3/4 c. Fresh Orange-1 Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Green Beans-3/4 c. Diced Peach Cup-1/2 c. Milk-8 oz.	DOMINOS W/G Pizza slice - 1 Romaine Salad w/ Dressing-1 1/2 c. Diced Pear Cup-1/2 c. Milk-8 oz.
10	11	12	13	14
All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Green Beans-3/4 c. Fresh Orange-1 Milk-8 oz.	Hot Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 c. Fresh Apple-1 Milk-8 oz.	Grilled Chicken Parmigiana-3 oz. Sliced Carrots-1 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.	DOMINOS W/G Pizza slice - 1 Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
17	18	19	20	21
SCHOOL CLOSED	Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Black Bean and Corn Salad-3/4 c. Cherry Craisins-1/2 c. Milk-8 oz.	Grilled Chicken Wrap w/ Shredded Lettuce and Cheddar Cheese on a 10" Wheat Wrap-1 Celery Sticks w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz.	Beef Nachos w/ Cheddar Cheese Sauce-8 oz. Green Beans-3/4 c. W/G Tortilla Scoops-1 oz. Fresh Banana-1 Milk-8 oz.	SCHOOL CLOSED
24	25	26	27	28
All Beef Italian Sub-1 (Beef Bologna, Beef Salami, and American Cheese) Green Beans-3/4 c. Fresh Orange-1 Milk-8 oz.	Meatball Parmigiana Sub on a Whole Grain Sub Roll-1 Diced Carrots-1 c. Fresh Orange Milk-8 oz.	Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1 c. Fresh Apple-1 Milk-8 oz.	W/G Chicken Fingers-3 Sliced Carrots-1 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.	DOMINOS W/G Pizza slice - 1 Romaine Salad w/ Dressing-1 1/2 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.
31				
Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Black Bean and Corn Salad-3/4 c. Cherry Craisins-1/2 c. Milk-8 oz.				