

JANUARY 2012

LUNCH MENU

“This is an equal opportunity provider.”

Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CHRISTMAS HOLIDAYS</p>	<p>3 Professional Development Day</p>	<p>4 BBQ Sandwich Sweet Potato Chips Cole Slaw Applesauce Brownie/Ice Cream Milk</p>	<p>5 Tacos/Shr. Cheese Shred. Lett, Tom. Salsa/Refried Beans Buttered Corn Fresh Pear Saltines/ Milk</p>	<p>6 Corndogs Vegetables Soup Toss. Salad Tater Tots Jell-O w/Fruit Crackers/Milk</p>
<p>9 Chicken Tenders Rice/Gravy Stir Fry Veg./Salad Pineapple Tidbits Juice bar Roll/Milk</p>	<p>10 Sliced Ham Mac and Cheese Bk Sweet Potato Green Beans Corn Bread Fresh Fruit Medley Milk</p>	<p>11 Fish Sandwich Cheese Grits Baked Beans Cole Slaw Apple Crisp/Milk</p>	<p>12 Chicken Parmesan Over Noodles Green Beans Toss. Salad Orange Juice Fresh Plums French Bread/Milk</p>	<p>13 Santa Fe Soup Gr. Cheese Sand. Toss. Salad Corn Chips/Crackers Tangelos/Milk</p>
<p>16 MLK HOLIDAY </p>	<p>17 Br. Chicken Sand. Tater Tots Toss.Salad/Succotash Pineapple Juice Sliced Peaches Milk</p>	<p>18 Chicken Alfredo Over Noodles Corn on Cob Brocc./Cheese Sauce Banana French Bread/Milk</p>	<p>19 Wrap Sandwich Lett., Tomato Raw Vegetables Pasta Salad Pineapple Salsa Doritos/Milk</p>	<p>20 Chili/Baked Potato Toss. Salad Mixed Veg. Jell-O w/Fruit Mex. Corn bread Milk</p>
<p>23 Pizza Buttered Corn Toss. Salad Brocc./Cheese Sauce Pineapple Tidbits Crackers/ Milk</p>	<p>24 Oven Fr. Chicken Cream Potatoes Carrots/ Eng. Peas Fresh Fruit Medley Cookie/ Roll Milk</p>	<p>25 Hamburger on Bun French Fries Cole Slaw/Bk. Beans Cinn. Apples Ice Cream Milk</p>	<p>26 Spagh&MeatSauce Toss. Salad Green Beans Orange slices French Br. Milk</p>	<p>27 Chicken Tenders Rice/Gravy Squash Toss Salad Cinn Apples Milk</p>
<p>30 Hotdogs/PickleRelish Chili&Cheese sauces Sauerkraut/Crackers Hash Br.Potatoes Toss. Salad/Sherbet Pineapple/Milk</p>	<p>31 Sausage Jambalaya English Peas Corn on Cob Tossed Salad Rolls/Fruit/Milk</p>		<p>www.mypyramid.gov MyPyramid offers personalized eating plans and interactive tools to help you plan/assess your food</p>	<p>choices based on the Dietary Guidelines for Americans.</p>

