

January 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7 No School	8 ham sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) Cucumbers (1/4c) 1% milk (3/4c)	9- beef & bean chili (1/2 c) Hapa rice (1/2 c) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	10 -hamburger cream of mush (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)	11 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/4 c)
14 grilled cheese sandwiches (2 sl wg bread & 1.5o cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c)	15 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c)	16 shoyu chicken (& 1.5 oz) Hapa rice (1/2 c) Peaches (1/4 c) Broccoli (1/4 c) 1% milk (3/4 c)	17 fish sticks (3 pieces) Hapa rice (1/2 c) Applesauce (1/4c) Corn (1/4c) 1% milk (3/4c)	18 – sloppy joes (1/2 c meat sauce & bun) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c)
21 Holiday No School	22 turkey sandwiches (2 slices wg bread 1 ½ oz ham) peaches (1/4c) cucumbers(1/4c) 1% milk (3/4c)	23 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c)	24 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c)	25 hamburger (2.25oz) on bun Pears (1/4c) corn (1/4c) 1% milk (3/4c)
28 -PB&J sandwiches (2sl. wg bread 1 ½ oz turkey) Pears (1/4c) Cucumbers (1/4c) 1% milk (3/4c)	29 pork & beans (1/2c) Hapa rice (1/2c) Peaches (1/4c) green beans (1/4c) 1% milk (3/4c)	30 salisbury steak& gravy (2.25oz) Hapa rice (1/2 c) Pears (1/4c) corn (1/4c) 1% milk (3/4c)	31 beef stroganoff (1/2c meat sauce 1/2c pasta) Applesauce (1/4c) broccoli (1/4c) 1% milk (3/4c)	

This menu is subject to change based upon the availability of products.
Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers
PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers

--	--