

# PreK-Grade 8

# JANUARY 2018 Child Nutrition Program



Monday

Tuesday

Wednesday

Thursday

Friday

**NO SCHOOL** 1



Chicken Alfredo Penne Pasta  
Steamed Broccoli, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

**Southwest Day** 3  
Nachos with Beef and Cheese  
Black Bean Salad, ½ cup  
Roasted Corn, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

4  
Mozzarella Sticks &  
Chicken Smackers **COMBO!**  
Bread Slice  
Carrot Sticks, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

5  
Cheese Pizza  
Green Pepper Strips, ½ cup  
Red Pepper Strips, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

8  
Grilled Cheese Sandwich  
Sweet Potato Fries, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**Taco Tuesday** 9  
Pork Taco on Soft Shell  
Shredded Lettuce  
Roasted Corn, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

10  
**Italian Day**  
Chicken Patty Parmigiana  
on Baked Bun  
Cucumber Coins, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

11  
Warm Turkey  
Ham and Cheese Wrap  
Red Kidney Beans, ½ cup  
Carrot Sticks, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

12  
Homemade Baked Ziti  
Roasted Broccoli, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

**NO SCHOOL** 15



16  
Crispy Boneless Pork Chop  
with Gravy  
Bread Slice  
Sweet Potato Fries, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

17  
**Build Your Own Burger**  
Hamburger on Baked Bun  
American Cheese & Sliced Tomato  
Baked Vegetarian Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

18  
Chicken Patty on Baked Bun  
Potato Smiles, ½ cup  
Steamed Broccoli, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

19  
**EST. 1943**  
**UNO**  
PIZZERIA & GRILL  
Cheese Pizza  
Cucumber Coins, ½ cup  
Steamed Carrots, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

22  
Baked Macaroni & Cheese  
Sautéed Green Beans, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

23  
**Taco Tuesday**  
Chicken Fajita on Soft Shell  
Potato Smiles, ½ cup  
Red Pepper Strips, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

24  
**Asian Day**  
BBQ Teriyaki Chicken  
Seasoned Brown Rice  
Steamed Broccoli, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

25  
Pork Meatballs & Rotini Pasta  
Roasted Chickpeas, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

26  
Mozzarella Sticks with  
Marinara Sauce  
Carrot Sticks, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

29  
Three-Bean Chili  
Seasoned Brown Rice  
Steamed Carrots, ½ cup  
Fruit Cup, ½ cup  
Choice of Milk

30  
Chicken and Cheese Quesadilla  
Tomato Salsa  
Cucumber Coins, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk

31  
**Try Something New**  
Pulled Pork with Cheddar Cheese  
On Baked Bun  
Oven Potato Wedges, ½ cup  
Red Pepper Strips, ½ cup  
Fresh Fruit, ½ cup  
Choice of Milk



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This institution is an equal opportunity provider.

**Available Daily**

Peanut Butter or Sun Butter & Jelly Sandwiches

American Cheese Sandwiches

**A side salad (1 cup) of leafy dark green vegetable is offered daily.**

**½ cup Fresh Fruit options will be offered daily**

**Select a fruit AND/OR vegetable with your sandwich.**

You may also choose your choice of milk:

**PreK-8 Participants:** Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.

**K-8 Participants ONLY:** Fat Free Chocolate milk is available Tuesdays and Thursdays.

**ALL GRAIN PRODUCTS ARE WHOLE GRAIN.**

**ALL FOOD ITEMS MEET USDA: NSLP/SBP REQUIREMENTS.**