



# Food Zone

January Menu 2018				
Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Christmas Holiday	2 No School Christmas Holiday	3 Corn Dog Or Buffalo Popcorn Chicken Broccoli Choice of Fruit Choice of Milk	4 Grilled Cheese w/ Tomato Soup Or Hot Dog on Bun Peas Choice of Fruit Choice of Milk	5 Thin Crust Cheese Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
8 Pancakes w/ Bacon Or Chicken Nuggets Hashbrowns Choice of Fruit Choice of Milk <b>**NO BREADSTICKS TODAY**</b>	9 Chicken -n- Gravy w/Biscuit or Hamburger Carrots Choice of Fruit Choice of Milk	10 Turkey Club Sandwich Or Popcorn Chicken Corn Choice of Fruit Choice of Milk	11 Pasta & Meatballs Or Hot Dog on Bun Green Beans Choice of Fruit Choice of Milk	12 Pepperoni Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
15 <b>No School</b> Martin Luther King Jr. Day	16 Chicken Nuggets Or Corn Dog Broccoli Choice of Fruit Choice of Milk	17 Pierogies Or Buffalo Popcorn Chicken Celery Sticks Choice of Fruit Choice of Milk	18 Walking Tacos Or Hot Dog on Bun Black Beans Choice of Fruit Choice of Milk	19 <b>LUCKY TRAY DAY</b> Cheese Pizza Or Chicken Patty Romaine Salad Choice of Fruit Choice of Milk
22 French Toast Sticks w/ Sausage Links Or Chicken Nuggets Sweet Potatoes Choice of Fruit Choice of Milk	23 Chicken Snack Wrap Or Hamburger Fresh Cucumbers Choice of Fruit Choice of Milk	24 Nachos Grande w/ Taco Meat & Cheese Or Popcorn Chicken Broccoli Choice of Fruit Choice of Milk	25 Chicken Quesadilla Or Hot Dog on Bun Corn Choice of Fruit Choice of Milk	26 <b>No School</b>
29 Waffles w/ Ham Or Chicken Nuggets Hashbrowns Choice of Fruit Choice of Milk	30 Macaroni & Cheese Or Hamburger Corn Choice of Fruit Choice of Milk	31 <b>BUDDY LUNCH DAY</b> Soup, Salad & Breadstick <b>**Chicken Noodle or Vegetable Soup**</b> Choice of Fruit Choice of Milk		

\*\*Menu subject to change.

**Weekly Vegetable Subgroups May Include:** Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

**Daily Fruit Selections May Include:** Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon Applesauce, Pineapples, and Mandarin Oranges.