



VIP LUNCH MENU JANUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, <u>MUST</u> Be Fruit or Vegetable</p>	<p>Winter Break School Closed January 1st – 5th 2018</p> <p>HAPPY NEW YEAR</p>	<p>freshpick for better health by sodexo</p>	<p>All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p>
<p>8 Meat & Grain Whole Grain Chicken Corn Dog</p> <p>Italian Sub</p>	<p>9 Meat & Grain Alfredo Pasta w/Chicken Nuggets</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>10 Meat & Grain Cheese Quesadilla*</p> <p>Chicken Salad Wrap*</p>	<p>11 Today is National Milk Day! Meat & Grain Pepperoni Pizza Sun Butter & Jelly Sandwich</p>	<p>12 Meat & Grain Mac & Cheese w/Hotdog(no bun)</p> <p>Cheeseburger</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Pinto Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>
<p>15 School Closed Martin Luther Jr King Day</p>	<p>16 Meat & Grain Rotini & Meatballs</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>17 Meat & Grain Breakfast for Lunch Pancakes & Sausage Patties Sun Butter & Jelly Sandwich</p>	<p>18 Meat & Grain Pepperoni Pizza</p> <p>Whole Grain Corn Dog</p>	<p>19 Meat & Grain Whole Grain Bean & Cheese Burrito Turkey & Cheese Wrap</p>
<p> Celebrating Dr. Martin Luther King Jr.</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Ranchero Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>22 Meat & Grain Fish Sticks w/Mac & Cheese*</p> <p>Italian Sub</p>	<p>23 Meat & Grain Cheeseburger Meatloaf</p> <p>Chicken salad wrap</p>	<p>24 Meat & Grain Hotdog</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>25 Meat & Grain Cheese Pizza</p> <p>Hamburger</p>	<p>26 Meat & Grain Cheese Enchiladas</p> <p>Sun Butter & Jelly Sandwich</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>29 Meat & Grain Trix Yogurt / String Cheese/ Scooby Doo Graham Crackers</p> <p>Cheeseburger</p>	<p>30 Meat & Grain Chicken nuggets w/Dinner Roll</p> <p>**Health Lettuce Wrap Bowl** Rice/Quinoa & Turkey</p>	<p>31 Meat & Grain Beef Taco / with lettuce/tomato/cheese</p> <p>Breakfast for Lunch Pancakes & Sausage Patties</p>	<p>Promoting Healthy Living</p>	<p>Nutritional information is available at the Food Service Office.</p>
<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Orange Smiles 1% or Fat Free Milk</p>	<p>Our menu is Trans Fat Free!</p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>

All grains offered are Whole Grain Rich. Items included are: pasta, breads Buns, tortillas, dinner rolls and all breading used on food items.

**DYK – JANUARY IS;
National get organized month!**

“This institution is an equal opportunity provider”