







# January 2019 K-5 Lunch Smart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>January 1</b> 	<b>January 2</b> <b>NO SCHOOL</b>	<b>January 3</b> <b>NO SCHOOL</b>	<b>January 4</b> <b>NO SCHOOL</b>
	<b>January 7</b> <b>NO SCHOOL</b>	<b>January 8</b> <b>Breaded Cheese Sticks+</b> Marinara Sauce Dinner Roll / Margarine Cauliflower Florets / Dressing Fresh Pear	<b>January 9</b> <b>Waffle with Turkey Sausage &amp; Syrup</b> Hash Browns / Ketchup Vegetable Juice Applesauce	<b>January 10</b> <b>Hot Dog</b> Ketchup / Mustard French Fries / Ketchup Vegetarian Baked Beans Fresh Banana	<b>January 11</b> <b>Mostaccioli with Meat Sauce</b> Broccoli / Dressing Fresh Orange
	<b>January 14</b> <b>French Toast with Turkey Sausage &amp; Syrup</b> Hash Browns / Ketchup Vegetable Juice Mandarin Orange	<b>January 15</b> <b>Chicken Nuggets</b> BBQ Sauce / Ketchup Baked Beans Broccoli / Dressing Dinner Roll / Margarine Applesauce	<b>January 16</b> <b>Cheese Tortellini with Marinara Sauce</b> Spinach Salad / Dressing Fresh Apple	<b>January 17</b> <b>Chili Cheese Nachos with Tortilla Chips</b> Romaine Salad / Dressing Corn Fresh Pear	<b>January 18</b> <b>French Toast with Turkey Sausage &amp; Syrup</b> Hash Browns / Ketchup Vegetable Juice Peach Cup
	<b>January 21</b> <b>NO SCHOOL</b> <b>MARTIN LUTHER KING HOLIDAY</b>	<b>January 22</b> <b>Grilled Cheese</b> Baked Beans Celery Sticks / Dressing Fresh Pear	<b>January 23</b> <b>Popcorn Chicken</b> BBQ Sauce / Ketchup Dinner Roll / Margarine Corn Fresh Baby Carrots / Dressing Tropical Fruit Cup	<b>January 24</b> <b>Chicken &amp; Waffle with Syrup</b> Hash Browns / Ketchup Vegetable Juice Applesauce	<b>January 25</b> <b>Chicken Parmesan with Pasta &amp; Marinara Sauce</b> Spinach Salad / Dressing Fresh Apple
	<b>January 28</b> <b>Breaded Chicken Sandwich</b> Mayonnaise Corn Celery Sticks / Dressing Tropical Fruit Cup	<b>January 29</b> <b>Hot Dog</b> Ketchup / Mustard Baked Beans Sliced Red Peppers / Dressing Fresh Pear	<b>January 30</b> <b>Hamburger</b> Mustard / Ketchup Potato Wedges / Ketchup Cherry Tomatoes / Dressing Peach Cup	<b>January 31</b> <b>Breaded Cheese Sticks+ with Marinara Dipping Sauce</b> Dinner Roll Broccoli / Dressing Fresh Orange	



<p>+ = Meatless selection          Skim &amp; 1% white milk served with lunch each day          Milk served with lunch contains no artificial growth hormones or antibiotics          Menu is subject to change based on availability and quality of food items</p>	<p><b>Color Me Orange/Yellow</b></p> <p>We are celebrating orange and yellow fruits and vegetables this month. What are the advantages of eating produce from this color group? Orange and yellow fruits and vegetables promote a healthy heart, vision health, and a stronger immune system. Your school's LunchSmart menu includes a rainbow of fruits and vegetables to enhance student well-being. Eating orange and yellow produce is part of the mix and it tastes good, too.</p>
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