

Flossmoor Hills, Heather Hill, Serena Hills January 2019 K-8 LunchSmart Menu

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



+ = Meatless selection

Skim & 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

Color Me Orange/Yellow

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.