

Nutrition Tip:
Practice
stealth health
- sneak
veggies into
favorite foods.

LUNCH

January 2019



School Information: Type your school information here.

Monday	Tuesday	Wednesday	Thursday	Friday
				
Chicken Patty Tri Tater Veggie Fruit	Spaghetti Garlic Bread Peas Fruit	Beef Tacos Refried Beans Veggie Fruit	Chicken Alfredo Steamed Broccoli Bread Stick Fruit	French Bread Pizza Salad w. Ranch Fruit Veggie
Beef Nachos w/Cheese Fritos Veggie Fruit	Chicken Pot Pie Mashed Potatoes Biscuit Veggie Fresh Fruit	Grilled Cheese Chips Veggie Fruit	Pizza Veggie Fruit Cookied	11:15 Dismissal PB&J Carrots Goldfish Fruit
No School MLK Jr.'s Birthday	Hamburger Lettuce and Tomato Baked Beans Fruit	Salsibury Steak Mashed Potatoes Bread Slice Green Beans Fruit	Ham and Cheese Croissant Mixed Veggies Fruit Pudding	Toasted Ravioli Meat Sauce Carrots Fruit
Corn Dog Potato Veggie Fruit	Chicken Fajita Shell Refried Beans Lettuce w/ Ranch Fruit	Fish Fries Bread Slice Applesauce Peas	Pasta/Sauce Garlic Bread Veggie Fruit	