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January 2019					
Sun	Mon	Tue	Wed	Thu	Fri
	31 VACATION	1 HAPPY NEW YEAR!	2 SENIOR CITIZENS ALASKAN FISH STICKS ROLL/MASH GREEN BEANS FRUIT/MILK PUDDING	3 BEEF TACO WRAP W/CHEESE MEX RICE SOUR CREAM/SALSA CORN FRUIT/MILK	4 MEATBALL SUB VEGGIE STICKS SUN CHIPS FRUIT/MILK
6	7 CHICKEN TENDERS RICE PILAF PEAS FRUIT/MILK	8 COWBOYS LUNCH CHEESEBURGER HASH BROWN BAKED BEANS FRUIT/MILK	9 SENIOR CITIZENS STUFFED CHEESY SHELLS MEAT SAUCE BROCCOLI FRUIT/MILK COOKIE	10 HAMBURGER MAC SOUP GRILLED CHEESE CRACKERS VEGGIE STICKS FRUIT/MILK	11 TURKEY ITALIAN CHEESE, ROMAINE. PEPPERS, TOMATOES PICKLES CUKES SUN CHIPS FRUIT/MILK
13	14 HOT DOG POTATO SMILES CORN FRUIT/MILK	15 PIZZA ROMAINE SALAD FAT FREE DRESSING FRUIT/MILK	16 SENIOR CITIZENS MAC & CHEESE HOT DOG (NO BUN) CARROTS FRUIT/MILK DESSERT	17 CHICKEN NOODLE SOUP CRACKERS PB & FLUFF/CHEESE STICK VEGGIE STICKS FRUIT/MILK	18 CHICKENBURGER W/ LETT & TOM HASH BROWN FRUIT/MILK
20	21 HOLIDAY NO SCHOOL MARTIN LUTHER KING JR. DAY	22 BREAKFAST FOR LUNCH SAUSAGE BREAKFAST SAND CURLY FRIES TOM & CUKE SALAD FRUIT/MILK	23 SENIOR CITIZENS CHICKEN & BISCUIT MASH/ GREEN BEANS FRUIT/MILK JELLO /PEARS (POT PIE STYLE)	24 CREAMY TOMATO SOUP/CRACKERS GRILLED CHEESE PEANUTS VEGGIE STICKS FRUIT/MILK	25 EARLY RELEASE BBQ CHICKEN SUB COLE SLAW SUN CHIPS FRUIT/MILK
27	28 AMERICAN CHOP SUEY BREAD STICK CARROTS FRUIT/MILK	29 PIZZA CHEESE STIX DIPPING SAUCE ROMAINE TOSSED SALAD FAT FREE DRESSINGS FRUIT/MILK	30 SENIOR CITIZENS CHICKEN DRUMS MASH PEAS MILK BISCUIT STRAWBERRY CUP	31 CHICKEN VEG SOUP CRACKERS TURKEY SANDWICH w/LETT &TOM. VEGGIE STICKS FRUIT/MILK	

MENU SUBJECT TO CHANGE WITHOUT NOTICE.....

MILK: WHITE 1% 110C, FAT FREE CHOCOLATE 130C, SERVED DAILY.....

1/2C FRUIT. 3/4C VEGGIES EVERYDAY, STUDENTS MUST TAKE ONE SERVING.....

BREADS ARE WHOLE WHEAT/WHOLE GRAIN.....

HUMMUS AND CARROTS WILL BE OFFERED DAILY.....

MOST THURSDAYS WILL BE "SOUPER THURSDAY".....

STUDENTS HAVE CHOICE OF REGULAR ENTREE', PBJ OR VEGGIEBURGER DAILY.....

STUDENTS ARE REQUIRED TO TAKE A MINIMUM OF 3 COMPONENTS .....