

Peppers and Carrots,

Hummus, Muffin,

Fruit Choice

STRAWBERRY BANANA SUNDAE

SCHOOL HOLIDAY

JAN

# JANUARY 2019 MEAL This institution to

This institution ia an equal opportunity provider and employer. For any questions & information contact

Milk Only .50

Milk is included with lunch. 1% Chocolate, 1% White milk.

### Jill at: jzondag@grcs.org MONDAY TUESDAY JAN JAN 1AN JAN 10 **Ringing in the New Year!**Breaded Chicken Rings, Cinnamon Glazed Hamburger, Pretzel, Cheese, French Toast, Cheese on Bun, Bacon, Beef Chili, Sausage Link, Baked Beans, Carrot, Celery, Confetti Corn, McCain Hash Fun Size Chips, Blueberry Muffin, Fruit Choice Fruit Choice Brown Round, Fruit Choice Juice and Fruit choice 2 STRAWBERRY BANANA SUNDAE 2 YOGURT PARFAIT CHEF SALAD 2 TURKEY SUB BAG 2 MUNCHABLE LUNCHABLE 1AN JAN 14 15 Yummy Beef Dippers, 16 11 Chicken Nuggets, Dutch Waffle, Hot Dog on Bun, Strawberries, BBQ Sauce, Ranch, Whipped Cream, Dinner Roll, Crinkle Fries, Fluffy Rice, Sausage Links, Frozen Fruit Slushie, Steamed Peas, Steamed Corn, Mini Yogurt Cup, Fruit Choice Fruit Choice Fortune Cookie, Mango Wango Juice Fruit Choice Frozen Fruit Slushie 2 STRAWBERRY BANANA SUNDAE 2 YOGURT PARFAIT 2 TURKEY SUB BAG 2 MUNCHABLE LUNCHABLE JAN JAN JAN 23 14 21 11 😃 🙂 😘 🤐 Cheese Omelet, Chicken Drumstick, Tyson Mini Mega Chicken Poppers. Cereal Choice: Dorito Walking

Whipped Potatoes Cinnamon Toast Crunch Gravy, Green Beans, Biscuit, Honey, Fruit Choice

or Kix,

Potato Rounds.

Fruit and Juice Choice

2 YOGURT PARFAIT

Eggo Mini Waffles,

Tator Tots,

2 Sausage Links,

Fruit and Juice Choice

2 YOGURT PARFAIT

JAN

79

2 TURKEY SUB BAG

Rotini Beef Pasta.

Garlic Bread,

Garden Salad, Romaine

Croutons, Cucumbers,

Carrots.

Fruit Choice

2 MUNCHABLE LUNCHABLE JAN

30

Thankful Thursday Roast Turkey, Potatoes, Gravy, Corn, Dinner Roll, Fruit Choice

Beef, Taco, Cheese,

Lettuce, Salsa,

Black Beans and Corn.

Fruit Choice

JAN

2 MUNCHABLE LUNCHABLE

11 2 Bosco Cheese Breadstick, Marinara, Italian Salad, Garbanzo Beans, Carrots, Tomatoes, Croutons Fruit Choice

1AN

18

JAN

25

FEB

1AN

Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice

Emoji Day! Mini Corn Dogs, Emoticon Potato Shapes, Fresh Baby Carrots, Emoji Fruit Slushie

2 CHEF SALAD

Try it Friday!

Chicken Fajita, Red and Green Peppers, Spanish Rice, Strawberry-Mango Slushie

2 CHEF SALAD

# **MONDAY**

Strawberry Banana Sundae Lucky Charms, Strawberry Banana Yogurt, Sunflower Seeds, Carrots & Pineapple

### **TUESDAY**

Yogurt Parfait Vanilla Yogurt Parfait, Granola, Strawberries, Cool Cuke Slices, Tropical Twist, **Sunchips** 

# **WEDNESDAY**

2 Turkey Sub Bag Turkey & Cheese Sub, Celery, Hummus, Apple Slices, Mini Rice Krispie treat

### **THURSDAY**

2 Munchable Lunchable Ham and Cheese with Crackers, Fruit Choice, Mango Wango Juice, Mini Rice Krispie

## **FRIDAY**

Chef Salad Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes



