



**UNITY JUNIOR HIGH SCHOOL  
L2SB - Lunch K-8**

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
PANCAKES & SAUSAGE ^ Syrup Potato Rounds CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce SunSet Sip Juice Diced Pears Ketchup Choice of Milk	FRENCH BREAD CHEESE PIZZA^ HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Mustard Ketchup (2) Green Beans Applesauce Cup Choice of Milk	MINI CORN DOGS ^ CHARBROILED HAMBURGER Hamburger Bun ^ Maple Baked Beans Pickle Chips Orange Juice Mustard Ketchup Choice of Milk	CHICKEN NUGGETS ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk	Mixed Vegetables Grape Juice Choice of Milk SALISBURY STEAK W/GRAVY & MASHED POTATOES Sliced Bread ^ (2) CRISPY CHICKEN PATTY ^ Hamburger Bun ^ BBQ Sauce
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
PEPPERONI PIZZA ^ CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Ketchup Corn Apple-Cranberry Juice Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Mustard Ketchup Salad Bar Selections Romaine Salad Crunchy Celery Sticks Carrot Sticks Light Ranch Dressing Mixed Fruit Cup Choice of Milk	SPECIAL MEAL CHICKEN DRUMSTICK W POTATO ROUNDS Corn Muffin ^ BBQ Sauce CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup Fiesta Beans Crunchy Celery Sticks Fat Free Ranch Dressing Blended Fruit Juice Choice of Milk	MAC & CHEESE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Salad Bar Selections Romaine Salad Diced Tomatoes Cucumber Coins Light Ranch Dressing Sliced Apples Choice of Milk	SLOPPY JOE CRISPY CHICKEN PATTY ^ BBQ Sauce SunSet Sip Juice Hamburger Bun ^ Mixed Vegetables Fresh Orange Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
	MEATLOAF PANINI ^ CHICKEN STRIPS W/SWEET POTATO PUFFS ^ SunSet Sip Juice BBQ Sauce Maple Baked Beans Applesauce Cup Ketchup Choice of Milk	GRILLED CHEESE SANDWICH ^ Tropical Veggie Juice Diced Peaches Light Mayonnaise Choice of Milk	CHICKEN RANCH FLATBREAD ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Salad Bar Selections Romaine Salad Broccoli Florets Cauliflower Florets Light Ranch Dressing Fresh Pear Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ BBQ Sauce Romaine Salad Cucumber Coins Light Ranch Dressing Fresh Banana Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
CORN DOG ON A STICK^ Mustard CHICKEN TENDERS WITH POTATO WEDGES ^ BBQ Sauce Corn Grape Juice Ketchup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ Tomato Soup^ HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Mustard Ketchup (2) Salad Bar Selections Romaine Salad Pickle Chips Carrot Sticks Light Ranch Dressing Mixed Fruit Cup Choice of Milk	Maple Baked Beans Fresh Orange Choice of Milk BBQ CHICKEN CHARBROILED HAMBURGER Mustard Ketchup Fresh Baby Carrots Light Ranch Dressing Hamburger Bun ^	CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Salad Bar Selections Romaine Salad Jalapenos Cauliflower Florets Light Ranch Dressing Sliced Apples Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.



# Nutritional Information: UNITY EAST JUNIOR HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
1																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
3																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
4																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-07-2019																
	PANCAKES & SAUSAGE ^	282	8	1	0	42	527	30	4	7	22	3	0	130	2	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Potato Rounds	137	6	1	0	0	275	17	2	0	2	0	0	0	0	V:1/2c S
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-08-2019																
	FRENCH BREAD CHEESE PIZZA^	302	11	5	0	23	679	34	3	4	17	69	2	356	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	HOT DOG W/ POTATO ROUNDS	178	12	4	0	25	498	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

01-09-2019	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-10-2019	CHICKEN NUGGETS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-11-2019	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	SALISBURY STEAK W/GRAVY & MASHED POTATOES	272	10	2	0	34	888	25	2	2	18	12	59	64	1	MMA:2oz V:1/2c S
	Sliced Bread ^ (2)	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
01-14-2019	PEPPERONI PIZZA ^	317	12	5	0	26	850	34	2	3	16	53	0	344	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S
	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c

01-15-2019	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	BEAN & CHEESE BURRITO ^	312	11	6	0	20	443	39	5	2	15	68	1	208	3	MMA:2oz G/B:2.25sv WG
	Salsa Cup	31	0	0	0	0	96	6	1	0	1	141	3	0	2	V:1/4c RO
	HOT DOG W/ POTATO ROUNDS	178	12	4	0	25	498	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-16-2019	SPECIAL MEAL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN DRUMSTICK W POTATO ROUNDS	295	16	4	0	107	491	15	1	0	22	17	0	16	1	MMA:2oz V:3/8c S
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fiesta Beans	232	2	0	0	0	543	42	11	2	14	117	4	131	2	V:1/2c L V:1/8c RO
	Crunchy Celery Sticks	5	0	0	0	0	26	1	0	1	0	7	1	13	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	01-17-2019	MAC & CHEESE ^	401	19	11	0	58	828	39	2	9	19	140	0	458	1
Breadstick ^		100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
PIZZA DIPPERS ^		290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
Marinara Dipping Sauce		76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO

	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Diced Tomatoes	5	0	0	0	0	1	1	0	1	0	11	4	3	0	V:1/8c RO
	Cucumber Coins	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	01-18-2019															
SLOPPY JOE	182	6	1	0	33	550	16	0	7	16	31	5	32	1	MMA:2oz V:1/2c RO	
CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG	
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO	
Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	
Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO	
Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-22-2019																
MEATLOAF PANINI ^	300	10	3	0	40	753	30	3	3	21	35	0	152	2	MMA:2oz G/B:2sv WG	
CHICKEN STRIPS W/SWEET POTATO PUFFS ^	336	18	3	0	25	456	28	5	7	16	178	0	3	2	MMA:2oz G/B:1sv WG V:1/4c RO	
SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO	
BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0		
Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L	
Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c	
Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-23-2019																
GRILLED CHEESE SANDWICH ^	339	18	10	0	50	867	29	2	5	15	120	0	339	1	MMA:2oz G/B:2sv WG	
Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O	
Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c	
Light Mayonnaise	50	4	0	0	10	75	2	0	0	0	0	0	0	0		
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-24-2019																
CHICKEN RANCH FLATBREAD ^	342	14	6	0	41	701	32	2	3	21	87	1	420	3	MMA:2.25oz G/B:2sv WG	
PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG	
Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO	



	Ketchup (2)	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Carrot Sticks	12	0	0	0	0	20	3	1	1	12	246	2	10	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

01-30-2019																
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz V:1/4c RO
	CHARBROILED HAMBURGER	123	6	1	0	33	221	2	0	0	15	3	0	23	1	MMA:2oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	

01-31-2019																
	CHILI	179	3	0	0	17	858	24	5	7	13	38	2	45	2	MMA:2oz
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Jalapenos	5	0	0	0	0	394	1	1	1	0	39	5	26	0	V:1/4c O
	Cauliflower Florets	9	0	0	0	0	11	2	1	1	1	0	18	8	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain  
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other





	Applesauce Cup									
	Choice of Milk	X								
01-09-2019	MINI CORN DOGS ^	X	X					X	X	
	CHARBROILED HAMBURGER							X		
	Hamburger Bun ^	X						X	X	
	Maple Baked Beans									
	Pickle Chips									
	Orange Juice									
	Mustard									
	Ketchup									
	Choice of Milk	X								
	01-10-2019	CHICKEN NUGGETS ^							X	X
PIZZA DIPPERS ^		X	X					X	X	
Marinara Dipping Sauce		X						X		
Broccoli										
Mixed Fruit Cup										
Chocolate Cookie ^								X	X	
Choice of Milk		X								
01-11-2019	Mixed Vegetables									
	Grape Juice									
	Choice of Milk	X								
	SALISBURY STEAK W/GRAVY & MASHED POTATOES	X						X	X	
	Sliced Bread ^ (2)	X						X	X	
	CRISPY CHICKEN PATTY ^							X	X	
	Hamburger Bun ^	X						X	X	
	BBQ Sauce							X		
	01-14-2019	PEPPERONI PIZZA ^	X						X	X
CHICKEN TENDERS WITH POTATO WEDGES ^								X	X	



01-17-2019	Choice of Milk	X									
	MAC & CHEESE ^	X							X	X	
	Breadstick ^								X	X	
	PIZZA DIPPERS ^	X	X						X	X	
	Marinara Dipping Sauce	X							X		
	Salad Bar Selections										
	Romaine Salad										
	Diced Tomatoes										
	Cucumber Coins										
	Light Ranch Dressing	X	X						X		
	Sliced Apples										
	Choice of Milk	X									
01-18-2019											
	SLOPPY JOE								X		
	CRISPY CHICKEN PATTY ^								X	X	
	BBQ Sauce								X		
	SunSet Sip Juice										
	Hamburger Bun ^	X							X	X	
	Mixed Vegetables										
	Fresh Orange										
Choice of Milk	X										
01-22-2019											
	MEATLOAF PANINI ^	X							X	X	
	CHICKEN STRIPS W/SWEET POTATO PUFFS ^								X	X	
	SunSet Sip Juice										
	BBQ Sauce								X		
	Maple Baked Beans										
	Applesauce Cup										
	Ketchup										
	Choice of Milk	X									
01											



	Corn								
	Grape Juice								
	Ketchup								
	Choice of Milk	X							
01-29-2019									
	TOASTY TUESDAY**								
	3 CHEESE PANINI ^	X					X	X	
	Tomato Soup^	X					X	X	
	HOT DOG W/ POTATO ROUNDS						X		
	Hot Dog Bun ^	X					X	X	
	Mustard								
	Ketchup (2)								
	Salad Bar Selections								
	Romaine Salad								
	Pickle Chips								
	Carrot Sticks								
	Light Ranch Dressing	X	X				X		
	Mixed Fruit Cup								
	Choice of Milk	X							
01-30-2019									
	Maple Baked Beans								
	Fresh Orange								
	Choice of Milk	X							
	BBQ CHICKEN						X		
	CHARBROILED HAMBURGER						X		
	Mustard								
	Ketchup								
	Fresh Baby Carrots								
	Light Ranch Dressing	X	X				X		
	Hamburger Bun ^	X					X	X	
	01-31-2								
CHILI							X	X	

Corn Muffin ^									X
PIZZA DIPPERS ^	X	X						X	X
Marinara Dipping Sauce	X							X	
Salad Bar Selections									
Romaine Salad									
Jalapenos									
Cauliflower Florets									
Light Ranch Dressing	X	X						X	
Sliced Apples									
Choice of Milk	X								