

January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	31	42	1	-1	2
Protein	Cheese Cup & Sunflower Kern	4oz		Turkey Taco	4oz
Grain/Bread	Whole Grain Chips	3oz	CLOSED	Tortilla	1ea
Veg/Fruit	Salsa	1/2 cu		Veggie Dippers	4oz
Veg/Fruit	Fruit Squeeze	1/2 cu		Fresh Fruit	1ea
Milk	Milk	8oz	Milk	Milk	8oz
Condiment				Ranch Dressing	1ea
	3	4	5	6	7
Protein	Cheesy Beefy Mac	6oz	Lemon Pepper Chicken	1ea	
Grain/Bread	Pasta	1ea	Roll	1ea	
Veg/Fruit	Garden Salad	4oz	Potato Salad	4oz	
Veg/Fruit	Fresh Fruit	1ea	Fresh Fruit	1ea	
Milk	Milk	8oz	Milk	8oz	
Condiment	Ranch Dressing	1ea			
	8	9	10	11	12
Protein	Oven Fried Chicken	1ea	Turkey Salad	4oz	Sloppy Joe Sandwich
Grain/Bread	Roll	1ea	Wheat Thins	8-10e	Bun
Veg/Fruit	Veggie Dippers	4oz	Seasoned Mixed Veggie	4oz	Potato Salad
Veg/Fruit	Fresh Fruit	1ea	Fresh Fruit	1ea	Fresh Fruit
Milk	White/Chocolate Milk	8oz	White/Chocolate Milk	8oz	White/Chocolate Milk
Condiment	Ranch Dressing	1ea			Ranch Dressing
	13	14	15	16	17
Protein	CLOSED		Beanie Weenies	6oz	Corn Dog
Grain/Bread			Roll	1ea	Breader
Veg/Fruit			Veggie Dippers	4oz	Veggie Dippers
Veg/Fruit	Fresh Fruit	1ea	Fresh Fruit	1ea	Fresh Fruit
Milk	White/Chocolate Milk	8oz	White/Chocolate Milk	8oz	White/Chocolate Milk
Condiment			Ranch Dressing	1ea	Ketchup/Ranch Dressing
	18	19	20	21	22
Protein	Chicken Salad	4oz	Beef Taco	4oz	Turkey & Cheese Sandwich
Grain/Bread	Wheat Thins	8-10 e	Tortilla	1ea	Sliced Bread
Veg/Fruit	Garden Salad	4oz	Veggie Dippers	4oz	Veggie Dippers
Veg/Fruit	Fresh Fruit	1ea	Fresh Fruit	1ea	Fresh Fruit
Milk	White/Chocolate Milk	8oz	White/Chocolate Milk	8oz	White/Chocolate Milk
Condiment	Ranch Dressing	1ea	Ranch Dressing	1ea	
	23	24	25	26	27
Protein	Pork BBQ*	4oz	Turkey & Cheese Sandwich	1sl	
Grain/Bread	Roll	1ea	Sliced Bread	2sl	
Veg/Fruit	Country Style Potato Salad	4oz	Veggie Dippers	4oz	
Veg/Fruit	Fresh Fruit	1ea	Fresh Fruit	1ea	
Milk	White/Chocolate Milk	8oz	White/Chocolate Milk	8oz	
Condiment			Ranch Dressing/Mayo	1ea	
	28	29	30	31	1
Protein					
Grain/Bread					
Veg/Fruit					
Veg/Fruit					
Milk	White/Chocolate Milk	8oz	White/Chocolate Milk	8oz	White/Chocolate Milk
Condiment					

Whole milk – 12-24 months; White 1% milk - 2 thru 5 years; White 1% milk or Fat-Free Chocolate milk – 6 thru 18 years

* Contains Pork

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