



JANUARY

MIDDLE & HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Whole Grain Cereals, Low Fat Yogurt, Whole Grain Muffins or Bagels will be Offered Daily for Breakfast.</p> <p>Fresh Fruit or Vegetables and Assorted Juices will be Offered Daily for Breakfast & Lunch.</p> <p>Low Fat Chef's Salad will be offered Daily as a Second Lunch Entrée.</p> <p>A choice of 1% White or Chocolate Skim Milk is offered daily for Breakfast and Lunch.</p>			<p><u>LUNCH MEAL PRICES</u></p> <p>K-12 \$ 2.00 Reduced \$.40 Adult \$ 3.25 Milk \$.50</p>	<p>1 HAPPY NEW YEAR 2010</p> 
<p>4 Chicken Nuggets Mashed Potatoes w/Gravy Whole Wheat Breadstick Fresh Fruit Or Fruit Cup, Milk</p>	<p>5 Hamburger w/Lettuce & Tomato Potato Wedges Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>6 Nachos w/Taco Meat Pinto Beans Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>7 Baked or BBQ Chicken Macaroni & Cheese Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>8 Beef Teriyaki Bites Or Manager's Choice Entrée Brown Rice, Steamed Cabbage Fresh Fruit Juice or Canned Fruit, Milk</p>
<p>11 Chicken & Rice Steamed Broccoli Fresh Fruit & Fruit Cup, Milk</p>	<p>12 Beefaroni Tossed Salad Fresh Fruit Juice or canned Fruit, Milk</p>	<p>13 Cheese Pizza Corn on the cob Fruited Jell-O Fresh Fruit, Milk</p>	<p>14 Teacher Workday No Students</p>	<p>15 Professional Development Day No Students</p>
<p>18 Holiday MLK Jr. Day</p> 	<p>19 Breaded Chicken Sandwich w/Lettuce & Tomato Broccoli Medley w/Cheese Sauce Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>20 Breakfast For Lunch: Scrambled Eggs, Turkey Sausage Grits, Toast Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>21 Sliced Turkey w/Gravy Mashed Potatoes Whole Wheat Breadstick Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>22 Hot Dog on Wheat w/Chili Or Manager's Choice Entrée Baked Beans Fresh Fruit Juice or Canned Fruit, Milk</p>
<p>25 Chicken Fajita's w/toppings Pinto Beans Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>26 Cheese Pizza Mixed Vegetables Fresh Fruit & Fruit Cup Milk</p>	<p>27 Spaghetti w/Meat Sauce Tossed Salad Whole Wheat Breadstick Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>28 Baked or BBQ Chicken Brown Rice Fresh Fruit Juice or Canned Fruit, Milk</p>	<p>29 Salisbury Steak w/Gravy Or Manager's Choice Entrée Mashed Potatoes, Fresh Fruit Juice or Canned Fruit, Milk</p>