



January 2019 K8 School Lunch Menu
 Student Meal \$2.25 / Reduced Meal \$0.40 / Adult Meal \$3.50

	Monday	Tuesday	Wednesday	Thursday	Friday
January 3 - 4				Chicken Nuggets and Dinner Roll Hot Ham & Cheese Croissant Pimento Cheese Sandwich Buffalo Sidewinders Broccoli with Cheese Sauce Lime Applesauce Peaches & Cream	Wild West BBQ Sandwich Cheesy Breadstix & Marinara Dippin' Sauce Ranch Chicken Chef Salad & Breadstick Baked Beans Coleslaw 100% Fruit Juice Grapefruit Wedges
January 7 - 11	Chicken Scampi Pasta with Garlic Toast Cheeseburger Peanut Butter, Cheese, & Fruit Plate French Fries Green Beans Kiwi & Tangerines Fruit Cocktail	BBQ Roasted Chicken with Breadstick Fish Sandwich Egg & Cheese Chef Salad with Breadstick Roasted Brussels Sprouts Baked Sweet Potato w/Cinnamon Butter Pineapple Cup Applesauce Cup	Shakin' Bacon Chicken Sandwich Hot Dog Yogurt, Cheese, & Fruit Plate Baby Carrots with Ranch Green Peas Sliced Peaches 100% Fruit juice	Turkey Pot Pie Fiestada Pizza PBJamwich Herbed Broccoli Roasted Red Potatoes Cinnamon Apples with Cranberries Pears & Cherries	Chick 'N Waffles Fajita Glazed Fish Taco Ham & Cheese Chef Salad Celery Sticks Cheesy Bean Dip Fruited Gelatin Fresh Bananas
January 14 - 18	Pizza Chicken Broccoli Alfredo with Garlic Toast Turkey & Cranberry Chef Salad Tomato Basil Zucchini Cherry Tomato & Corn Salad Limeade Fruit Salad Pear Cup	Nachos Con Queso Quesadilla Peanut Butter, Cheese, & Fruit Plate Mexican Rice Ranch Beans Cauliflower with Cheese Sauce Apple Slices 100% Fruit Juice	Macaroni & Ham Casserole with Breadstick Chicken Swirl Sandwich Fajita Chicken Chef Salad with Breadstick Carrot Soufflé Mixed Vegetables Fresh Pear Pineapple & Cherries	Spaghetti with Garlic Toast Chicken Tenders with Garlic Toast Yogurt, Cheese, & Fruit Plate Honey Roasted Broccoli Waffle Fries with Sriracha Ketchup Orange Wedges Cinnamon Applesauce	Seafood Basket Chicken Noodle Soup/Sandwich Combo Meatball Sub Corn on the Cob Black Eyed Peas Fresh Banana Peach Cup
January 21 - 25		Taco Bar Turkey Steak with Gravy Cuban Sandwich Rice Red Beans Butternut Squash Apple Slices Mandarin Oranges	Loaded Mashed Potato with Garlic Knot Lasagna Roll-Ups with Garlic Knot PBJamwich Candied Carrots Fried Okra Cool Tropics Fruit Slush Strawberry Applesauce	Lings Mandarin Chicken and Dinner Roll Chicken Egg Rolls Egg & Cheese Chef Salad and Roll Fried Rice Teriyaki Vegetables Braised Cabbage Peaches & Grapes Fruit Cocktail	Fish & Grits Grilled Cheese Yogurt, Cheese, & Fruit Plate Vegetable Soup Mixed Greens Pears & Cherries Frozen Strawberry Cup
January 28 - 31	Fried Chicken & Dinner Roll Pretzel Bites & Cheese Dip Yogurt, Cheese, & Fruit Plate Macaroni & Cheese Turnip Greens Sweet Potato Puffs Berry Blend Fruit Cup Tropical Fruit	Salisbury Steak with Breadstick BBQ Nachos PBJamwich Mashed Potatoes Sautéed Mushrooms 100% Fruit Juice Pear Cup	Chicken Nuggets and Dinner Roll Hot Ham & Cheese Croissant Peanut Butter, Cheese, & Fruit Plate Buffalo Sidewinders Broccoli with Cheese Sauce Lime Applesauce Peaches & Cream	Scrambled Eggs, Sausage, & Jelly Biscuit Red & Blue Yogurt Parfait PBJamwich & Yogurt Roasted Sweet Potato Green Peas Mandarin Oranges Pineapple Cup	Wild West BBQ Sandwich Cheesy Breadstix & Marinara Dippin' Sauce Ranch Chicken Chef Salad & Breadstick Baked Beans Coleslaw Apple Slices Grapefruit Wedges

A reimbursable meal must include at least 3 food groups. Choose at least 3 food items including 1/2 cup fruits or vegetables and at least 2 other food groups.
 For best nutrition, choose all 5 of the meal components for School Lunch - Grains, Meats or Protein, Milk, Fruit & Vegetables



MILK VARIETY OFFERED DAILY
 MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.