

January Lunch Menu for USD #287

Mon

Tue

Wed

Thu

Fri



<p>3 <i>1st Day of Class</i> <i>Corn Dogs (WG)</i> <i>Sun Chips</i> <i>Sweet Potato Fries (A&C)</i> <i>Green Beans</i> <i>Mandarin Oranges (A&C)</i> <i>Fruit Cocktail</i></p>	<p>4 <i>Chicken Nuggets</i> <i>Mashed Potatoes & Gravy</i> <i>Peas</i> <i>Pineapple (C)</i> <i>Peaches (A)</i> <i>Hot Rolls (WG)</i></p>	<p>5 <i>Frito Chili Pie (C & WG)</i> <i>Corn</i> <i>Mixed Fruit (A &C)</i> <i>Strawberries (C)</i> <i>Rice Krispy Treats</i></p>	<p>6 <i>Crispitos</i> <i>Mexican Rice</i> <i>Tossed Salad (A&C)</i> <i>Clementine Oranges (C)</i> <i>Apricots (A)</i> <i>Chocolate Cake</i></p>	
<p>9 <i>Chicken & Noodles</i> <i>Mashed Potatoes</i> <i>Celery Sticks</i> <i>Peaches (A)</i> <i>Pineapple (C)</i> <i>Cinnamon Puffs (WG)</i></p>	<p>10 <i>Hamburgers on WG Bun</i> <i>Lettuce & Tomato (C)</i> <i>Baked Beans</i> <i>Mandarin Oranges (A&C)</i> <i>Fruit Cocktail</i> <i>Granola Rounds (WG)</i></p>	<p>11 <i>Teriyaki Chicken w/Rice</i> <i>Broccoli & Dip (A&C)</i> <i>Peas</i> <i>Orange Wedges (C)</i> <i>Fruit Four Salad (A)</i> <i>Biscuits</i></p>	<p>12 <i>Spaghetti & Meatsauce (C)</i> <i>Green Beans</i> <i>Carrots (A) & Dip</i> <i>Pears</i> <i>Rosey Applesauce</i> <i>Garlic Breadsticks (WG)</i></p>	<p>13 <i>Shrimp Poppers</i> <i>Cheese Stick</i> <i>Corn</i> <i>Carol's Carrots (A)</i> <i>Kiwi (C)</i> <i>Mixed Fruit (A&C)</i> <i>WG Hot Rolls</i></p>
<p>16 <i>NO SCHOOL</i></p>	<p>17 <i>Three Meat Pizza (WG)</i> <i>Tossed Salad (A&C)</i> <i>Green Beans</i> <i>Mandarin Oranges (A&C)</i> <i>Pears</i> <i>Breadsticks (WG)</i></p>	<p>18 <i>Chicken Fajitas</i> <i>Refried Beans</i> <i>WG Tortilla Chips & Salsa (C)</i> <i>Peaches (A)</i> <i>Apple Wedges</i></p>	<p>19 <i>Hot Ham & Cheese Bun (WG)</i> <i>Seasoned Peas & Carrots (A&C)</i> <i>Cucumbers & Dip</i> <i>Pineapple (C)</i> <i>Mixed Fruit</i> <i>Graham Crackers (WG)</i></p>	<p>20 <i>Salisbury Steak</i> <i>Mashed Potatoes & Gravy</i> <i>Garden Spinach Salad (A&C)</i> <i>Applesauce</i> <i>Banana</i> <i>Hot Rolls</i> <i>Oatmeal Muffin Squares</i></p>
<p>23 <i>Hot Dog on a WG Bun</i> <i>Sweet Potato Fries (A&C)</i> <i>Baked Beans</i> <i>Celery Sticks</i> <i>Strawberries & Bananas (C)</i></p>	<p>24 <i>Chicken Strips</i> <i>Potato Wedges</i> <i>Broccoli/Caul & Dip (A&C)</i> <i>Pears</i> <i>Mandarin Oranges (A&C)</i> <i>Biscuits</i></p>	<p>25 <i>Country Fried Steak</i> <i>Mashed Potatoes & Gravy</i> <i>Tossed Salad (A&C)</i> <i>Peaches (A)</i> <i>Pineapple (C)</i> <i>Hot Rolls (WG)</i></p>	<p>26 <i>Burrito w/cheese sauce</i> <i>WG Tortilla Chips & Salsa (C)</i> <i>Corn</i> <i>Orange Wedges (C)</i> <i>Fruit Cocktail</i> <i>WW Pumpkin Bars (A)</i></p>	<p>27 <i>Cheeseburger on WG Bun</i> <i>Sunchips (WG)</i> <i>Lettuce & Tomato (C)</i> <i>Baby Carrots (A)</i> <i>Lunch Bunch Grapes</i> <i>Apricots (A)</i></p>
<p>30 <i>Cheese Pizza</i> <i>Tossed Salad (A&C)</i> <i>Green Beans</i> <i>Kiwi (C)</i> <i>Pears</i> <i>WG Garlic Breadsticks</i></p>	<p>31 <i>Chili (C) and Crackers</i> <i>Corn</i> <i>Green Pepper Strips (C)</i> <i>Peaches (A)</i> <i>Cinnamon Rolls</i></p>	<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p> <p>To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>	<p><i>All menus served with choice of milk: 1%, chocolate or strawberry. Our homemade bread is whole wheat. "C" denotes vitamin C content "A" denotes vitamin A content "WG" denotes whole grain We try to offer 4 choices of vegetables/fruits daily.</i></p>	