

Food Zone

| 2018-2019 | | January | | | Lunch Menu |
|--|--|--|--|--|------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | |
| | 1 No School Winter Break | 2 No School Winter Break | 3 No School Winter Break | 4 No School Winter Break | |
| 7 *Pineapple & Vegetable Teriyaki Chicken Stir Fry Brown Rice Fruit Milk-1% or Flavored Fat Free, or Skim | 8 *Grilled Cheese & Tomato Soup Baked Fries Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 9 <u>*Breakfast for Lunch</u> Chicken and Waffles Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim | 10 Hamburger on Whole Grain Bun Baked Beans Buttered Broccoli Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim | 11 Cheese Pizza Baked Fries Buttered Green Beans Applesauce Milk-1% or Flavored Fat Free, or Skim | |
| 14 Chicken Pot Pie w/navy beans and fresh vegetables Whole Grain Biscuit Fruit Milk-1% or Flavored Fat Free, or Skim | 15 *Macaroni & Cheese Buttered Broccoli Tomato & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 16 Sweet & Sour Chicken Fried Rice Asian Cabbage & Edamame Salad Grapes Milk-1% or Flavored Fat Free, or Skim | 17 Meatball Sub on Whole Wheat Hoagie Sautéed Green Beans Mashed Cauliflower Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim | 18 No School Conferences | |
| 21 No School MLK Day | 22 Walking Doritos Taco's served w/lettuce, tomato, & cheese Black Bean & Corn Salad Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 23 <u>*Breakfast for Lunch</u> Mini French Toast Sticks Turkey Sausage Roasted Potatoes Grapes Milk-1% or Flavored Fat Free, or Skim | 24 Chicken Sandwich on Whole Wheat Bun Baked Beans Baby Carrots Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim | 25 *Cheese Pizza Baked Fries Celery Sticks Applesauce Milk-1% or Flavored Fat Free, or Skim | |
| 28 Beef Chili w/Fresh Vegetables and Beans Sautéed Carrots Cornbread Fruit Milk-1% or Flavored Fat Free, or Skim | 29 *Italian Baked Pasta and Meatballs Buttered Corn Fruit Cup Milk-1% or Flavored Fat Free, or Skim | 30 Popcorn Chicken Bowl Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll Grapes Milk-1% or Flavored Fat Free, or Skim | 31 Chicken Corn Dogs Veggie & Potato Casserole Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim | | |
| <u>2nd Entrée Option</u> *Grilled Cheese | <u>2nd Entrée Option</u> Cheeseburger | <u>2nd Entrée Option</u> Hot Dog | <u>2nd Entrée Option</u> Cheese Bosco Sticks | <u>2nd Entrée Option</u> Chicken Nuggets | |

Daily Produce Bar available with purchase of school meal. Unlimited variety of fresh vegetable available.

Lunch \$3.25

Menu Subject to Change

Vegetarian options: WOW butter and Jelly sandwich, Veggie & Hummus Wrap, or Tossed Salad by request Call 216-295-4289 between 8:30am-9:30am

Sun Butter - A peanut butter substitute made from soy beans.

Lunch Includes: Entrée, Two Servings of Fruits or Vegetables, One Serving of Grain or Bread, One Low-Fat Milk

Low-Fat and Fat Free Milk Served Daily

Please discuss any food allergy issues concerning your child with the Food Service Director Amanda Schindley 216.295.4342

This institution is an equal opportunity provider.

