

# JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day	2	3	4	5
NO SCHOOL						
6	7	8	9	10	11	12
	Yogurt Parfait, Fruit & Granola <b>Lunch</b> Sock-Rockin' Chili, Tossed Salad, WG Roll, & Peaches	Grits w/Cheese, English Muffin w/jelly, & Fruit <b>Lunch</b> Sweet & Sour Chicken Nuggets, Rice, Broccoli & Glazed Carrots, & Grapes	Veggie Quiche, Graham Pack, & Fruit <b>Lunch</b> Chicken Alfredo w/a Twist, Garlic Broccoli, Pears in Cherry Jell-O	Chicken Biscuit, Jelly, & Fruit <b>Lunch</b> Santa Fe Wrap, Refried Beans, Tortilla Chips w/Salsa, & Pineapple	French Toast Sticks Fruit <b>Lunch</b> Fish Sticks, Mashed Potatoes, Baby Carrots w/Hummus, Banana	
13	14	15	16	17	18	19
	Cream Cheese, Mini Bagels, and Fruit <b>Lunch</b> Mac & Cheese, Baby Carrots w/Hummus, Green Beans & Fruit	Cheese Grits, English Muffin w/jelly, and Fruit <b>Lunch</b> Chicken Broccoli Bowl, California Blend, and Applesauce	Breakfast Pizza, sausage, egg, cheese, and Fruit <b>Lunch</b> Cheese Pizza, Tossed Salad, Sweet Potatoes & Pears in Jell-O	Turkey Sausage, Biscuit, Jelly, and Fruit <b>Lunch</b> Beef Soft Taco w/Rice, Corn Fiesta, and Oranges	Pancakes, and Fruit <b>Lunch</b> Turkey Hotdog on a Bun, Baked Beans, and Peaches	
20	21 ML King Day	22	23	24	25	26
	Egg & Cheese Mini Croissant & Fruit <b>Lunch</b> Hamburger on a Bun, Sweet Potato Puffs, and Baked Beans	Cheese Grits, English Muffin w/jelly, & Fruit <b>Lunch</b> Sweet Sesame Chicken Stir Fry w/Brown Rice, Casserole, and Oranges	Hashbrown Casserole Graham Pack, & Fruit <b>Lunch</b> Cheese Pizza, Salad w/Cherry Tomatoes, & Pears	Sausage, Gravy Biscuit and Fruit <b>Lunch</b> Chicken Taco, Cowboy Corn Salad, Tortilla Scoop, & Peaches	French Toast Sticks and Fruit <b>Lunch</b> Chicken Nuggets, /WG Roll, Green Beans w/Carrots, & Pineapple	
27	28	29	30	31	1	2 <i>Groundhog Day</i>
	Yogurt Parfait, Fruit & Granola <b>Lunch</b> Grilled Chicken Sandwich, Baked Beans, & Pears	Grits w/Cheese, English Muffin w/jelly, & Fruit <b>Lunch</b> Teriyaki Meatballs, Brown Rice, Broccoli & Carrots, & Oranges	Veggie Quiche, Graham Pack, & Fruit <b>Lunch</b> Rotini & Meat Sauce, Tossed Salad, Ranch Dressing, & Banana	Chicken Biscuit, Jelly, & Fruit <b>Lunch</b> Sloppy Joe Nacho Chips w/Cheese, Mexicali Corn, & Orange	WG Cereal, Muffin Tops, & Fruit <b>Lunch</b> Hot Turkey & Cheese Slider, Fries, Carrot Sticks, & Grapes	