



Menu for the week of

1/28/2019

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2/1/2019

	1/28/2019 Monday	1/29/2019 Tuesday	1/30/2019 Wednesday	1/31/2019 Thursday	2/1/2019 Friday
Soup	Chicken & Wild Rice	Baked Potato Soup	Chicken Tortilla	Gumbo	Chicken Noodle
Chef's Entree	Beef or Chicken Fajitas w/ Spanish Rice	Taco Tuesday (Crispy Beef Tacos) w/ Refried Beans	Brunch for Lunch	Orange Chicken w/ Steamed Rice and Egg Roll	Pepperoni, Cheese Pizza Day Served with Fresh Fruit
Kids Pick	Chicken Tenders w/ Cheesey Tots	Grilled Chicken Burrito w/ Cilantro Rice	Beef Hot Dogs w/ Mac & Cheese	BBQ Pork Rib Sandwich w/ Crinkle Cut Fries	Alfredo Pasta
Kid Pick Sides	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit Cup
Fresh Vegetables	Steamed Veggie Medley	Side Salad	Sweet Peas	Steamed Asian Veggies	Caesar Salad
Deli Sandwich	Turkey & Swiss Wrap	*****	Grilled Chicken Wrap	*****	*****
Baked Potatoes	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream
Salad Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham). Sandwich Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham).	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham). Sandwich Bar	Variety of Fresh Vegetables. Protein Choices (Chicken, Turkey & Ham).	No Salad Bar Today
Beverage Bar	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water
Dessert	Yellow Cake	Chocolate Pudding	Peach Cobbler	Chocolate Brownie	Ice Cream

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

Pre-K3 - K - \$5.15 1st through 3rd Grades \$5.80 and 4th through 8th Grades \$6.40

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP

