

JANUARY 2019 – 2020			National Nutrition Month		Yellow indicates plastic forks or spoons	
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	
	6 <i>National Bean Day</i> Beef Tacos, Sh. Cheese Fruit Choices ½ c Lettuce ½ c = ¼ c Salsa ¼c, Tomato, diced ¼c Ranchero Beans ½ c Tortilla and Shells Cinnamon Breadstick Sour Cream	7 <u>Chicken Tenders</u> Fruit Choices, ½ c Southern Baked Apple ½ c Salad 1 c = ½ c Mashed Potato ½ c Gravy Roll 	6 Breezy Beefy Mac Fruit Choices ½ c, Carrot, Raw ½ c Green Beans ½ c Garlic Breadstick Brownie or Oatmeal Cookie	9 Chicken, Roasted Fruit Choices ½ c Potato Salad Cole Slaw Carrot, raw ¼ c Roll Choc. Chip Cookie	10 Chinese Chicken: General Tso's, Mandarin Orange Fruit Choices ½ c, Salad ½ c = ¼ c, Carrots, raw ¼ c Green Peas, ½ c Rice ½ c Roll	
	Chicken Sandwich Fruit Choices ½ c Lettuce ½ c = ¼ c Fries ¾ c Ranchero Beans ½ c	Hamburger / Cheeseburger Fruit Choices ½ c Fries ¾ c Lettuce ½ c = ¼ c Tomato, slices ¼ c	Chicken Sandwich Fruit Choices Fries ¾ c Lettuce ½ c = ¼ c Carrots, raw ½ c	Meatball Sub Marinara Sauce ¼ c Fruit Choices Fries ¾ c Carrot, raw ¼ c	Hamburger/Cheeseburger Fruit Choices ½ c Fries ¾ c Lettuce ½ c = ¼ c, Tomato, slices ¼ c Carrots ¼ c	
	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter Smoothies	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chef Salad	Corndogs Fruit / Carrot, raw ½ c Broccoli, raw ½ c OR Grab & Go Yogurt Grab & Go Hummus	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chicken Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun Butter	
	Week 4	13 Red Beans & Rice Fruit Choices ½ c Frozen Fruit Cup ½ c Carrots, steamed, ½ c Potato Salad ½ c Cornbread	14 Chicken Tenders Fruit Choices ½ c Green Beans ½ c Broccoli, raw ½ c Macaroni n cheese 2/3 c Roll	15 Chicken, Fried Fruit Choices ½ c Cole Slaw ½ c Baked Beans 2/3 c = ½ c Roll	16 Pork Roast Fruit Choices ½ c Salad 1 c = ½ c Sweet Potato Casserole ½ c Rice ½ w/ Gravy ¼ c Roll / Brownie	17 Meatloaf Mashed Potato & Gravy Fruit Choices ½ c Carrot, raw ½ c Roll
Pizza Marinara Sauce ½ c Fruit Choices Carrot, raw ½ c		Chicken Sandwich Fruit Choices Broccoli, raw ½ c Lettuce, ½ c = ¼ c Fries ¾ c Bun	Hamburger/Cheeseburger Fruit Choices ½ c Fries ¾ c Lettuce ½ c = ¼ c, Tomato, slices ¼ c Baked Beans 2/3 c = ½ c	Chicken Sandwich Fruit Choices Fries ¾ c Lettuce, ½ c = ¼ c Brownie	BBQ Sandwich (Smoked Pulled Pork) Fruit Choices Fries ¾ c Carrot, raw ½ c	
Smoothie w/ Cheese Stick Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun Butter		Grab & Go Yogurt Grab & Go Hummus Grab & Go Chef Salad	Corndogs Fruit / Carrots ½ c Broccoli raw ½ c OR Grab & Go Yogurt Grab & Go Hummus	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chicken Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun Butter	
Week 1	20 <i>Martin Luther King Holiday</i> 	21 <u>Chicken Tenders</u> Fruit Choices ½ c Broccoli, raw, ½ c Baked Beans 2/3 = ½ c Potato au Gratin ¾ c Roll 	22 <i>National Southern Food</i> Chicken Fettuccine Fruit Choices, ½ c. Carrot, Raw ½ c Green Beans ½ c Garlic Breadstick Brownie	23 Chinese Chicken: General Tso's or Mandarin Orange Fruit Choices, ½ c Salad, 1 c = ½ c Green Peas, ½ c Rice ½ c / Roll	24 Grilled Cheese Sandwich with Tomato Basil Soup Fruit Choices ½ c Carrots, steamed, ½ c Potato Salad ½ c Texas Toast / Oatmeal Cookie	
		Chicken Sandwich Fruit – Apple, whole 1 c Broccoli, raw, ½ c Lettuce, ½ c = ¼ c Fries ¾ c Baked Beans 2/3 = ½ c	BBQ Chicken Fruit Choices Fries ¾ c Lettuce, ½ c = ¼ c Carrot raw ½ c Brownie	Meatball Sub Fruit Choices Fries ¾ c Carrot raw ½ c Marinara Sauce, Mozzarella Cheese	Hamburger / Cheeseburger Fruit Choices Fries ¾ c Lettuce ½ c = ¼ c Carrot raw ¼ c Oatmeal Cookie	
		Grab & Go Yogurt Grab & Go Hummus Grab & Go Chef Salad	Smoothie w/ Cheese Stick Grab & Go Yogurt Grab & Go Hummus	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chicken Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun Butter	
Week 2	27 Spaghetti & Meat Sauce Fruit Choices, ½ c , Green Beans ½ c Salad 1 c = ½ c Garlic Breadstick Rice Crispy Treat	28 Chicken Tender Fruit Choices ½ c Broccoli, Steamed ½ c Salad 1 c = ½ c Macaroni n Cheese 2/3 c Roll	29 Meatloaf Fruit Choices ½ c Carrot raw, ½ c Mashed potatoes ½ c With Gravy Roll	30 Chicken Roasted Fruit Choices ½ c Salad 1 c = ½ c Baked Potato ½ c Baked Beans 2/3 = ½ c Roll Sour Cream	31 Chicken Wrap Fruit Choices ½ c / O Juice ½ c Corn ½ c Salsa ¼ c Lettuce, shred ½ c = ¼ c Tomato, diced ¼ c Tortilla (2) Cake	
	Hot Sandwich: Turkey/Cheese Po'boy Fruit Choices Fries ¾ c Lettuce, ½ c = ¼ c Rice Crispy Treat	Chicken Sandwich Fruit Choices Lettuce, ½ c = ¼ c Broccoli, raw ¼ c Fries ¾ c	Hamburger / Cheeseburger Fruit Choices Fries ¾ c Tomato, slices ¼ c Carrot raw, ½ c Lettuce ½ c = ¼ c	Hot Dog w/ Chili Fruit Choices Potato Rounds ¾ c Bun Baked Beans 2/3c = ½ c	Pizza Fruit Choices Broccoli ½ c Marinara Sauce ½ c 	
	Grab & Go Yogurt Grab & Go Hummus Grab & Go Wrap	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chef Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun Butter	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chicken Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun Butter	

This institution is an equal opportunity provider. Menus are subject to change.