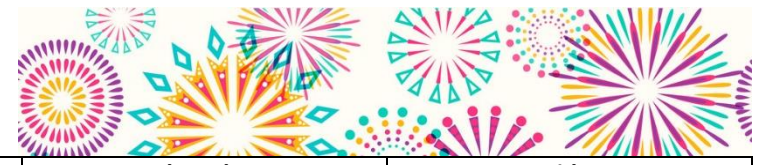





# January 2019



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	31	1 	2 <b>Supper – 3:00</b> Beef Frank, Roasted Sweet Potatoes, Mandarin Orange, WG Bun, Choice of Milk 8oz <b>Snack – 5:00</b> Yogurt 4oz, Fresh Fruit – Banana / Orange / Apple – 1 each	3 <b>Supper – 3:00</b> Chicken & WG Waffles, Green Beans, Spiced Apples – Hot, Choice of Milk 8oz <b>Snack – 5:00</b> String Cheese, WG Ritz Cracker, 100% Fruit Juice 6.75oz	4 <b>Supper – 3:00</b> WG Cheese Pizza, Pineapple, Fresh Broccoli, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Chex Mix Cheddar, Choice of Milk 8oz
Week 2	7 <b>Supper – 3:00</b> WG Mac & Cheese w/Diced Chicken, Diced Cinnamon Apples w/ Raisins, Green Beans, Choice of Milk 8oz <b>Snack – 5:00</b> WG Chex Mix Caramel, Choice of Milk 8oz	8 <b>Supper – 3:00</b> Chicken Cordon Bleu, Roasted Potatoes, Fresh Fruit - Apples / Oranges / Banana – 1 each, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Pretzel 1oz, Applesauce	9 <b>Supper – 3:00</b> Taco Salad / Shredded Romaine Mix, Shredded Cheese / Tomato, Blueberries / Strawberries, WG Tortilla Chips, Choice of Milk 8oz <b>Snack – 5:00</b> Yogurt 4oz, Fresh Fruit – Banana / Orange / Apple – 1 each	10 <b>Supper – 3:00</b> Cheese Burger, Baked Beans, Spiced Apples – Hot, WG Bun, Choice of Milk 8oz <b>Snack – 5:00</b> WG Cheezit, 100% Fruit Juice 6.75oz	11 <b>Supper – 3:00</b> WG Peperoni Pizza, Pineapple, Fresh Carrots, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> Wow Butter 1.14oz, WG Ritz Cracker, Choice of Milk 8oz
Week 3	14 <b>Supper – 3:00</b> Grilled Chicken Breast, Spinach & Tomato Salad, Tropical Fruit, WG Bun, Choice of Milk 8oz <b>Snack – 5:00</b> WG Goldfish Grams 1oz, Choice of Milk 8oz	15 <b>Supper – 3:00</b> Pulled Chicken/BBQ, Mixed Vegetables, Fresh Fruit - Apples / Oranges / Banana – 1 each, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Chex Mix Cheddar, 100% Fruit Juice 6.75oz	16 <b>Supper – 3:00</b> WG Tortilla Beef Soft Taco w/ Cheese Sauce & Chillis, Mandarin Orange, Black Beans & Corn, Choice of Milk 8oz <b>Snack – 5:00</b> Yogurt 4oz, Fresh Fruit – Banana / Orange / Apple – 1 each	17 <b>Supper – 3:00</b> Lasagna, Italian Vegetables, Spiced Apples – Hot, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Tortilla Chips, Salsa, 100% Fruit Juice 6.75oz	18 <b>Supper – 3:00</b> WG Cheese Pizza, Pineapple, Fresh Broccoli, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Goldfish Grams Cheddar 1oz, Choice of Milk 8oz
Week 4	21 <b>Martin Luther King Day – School Closed</b>	22 <b>Supper – 3:00</b> Swedish Meatballs, Mashed Potatoes, Fresh Fruit - Apples / Oranges / Banana – 1 each, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Sunchips 1oz, Applesauce	23 <b>Supper – 3:00</b> Chef Salad (romaine, tomato, cucumber, egg & turkey), WG Roll, Blueberries / Strawberries, Choice of Milk 8oz <b>Snack – 5:00</b> Yogurt 4oz, Fresh Fruit – Banana / Orange / Apple – 1 each	24 <b>Supper – 3:00</b> WG Tortilla Burrito (black beans & corn), Spiced Apples – Hot, Choice of Milk 8oz <b>Snack – 5:00</b> String Cheese, WG Ritz Cracker, 100% Fruit Juice 6.75oz	25 <b>Supper – 3:00</b> WG Peperoni Pizza, Pineapple, Fresh carrots, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> Wow Butter 1.14oz, WG Ritz Cracker, Choice of Milk 8oz
Week 5	28 <b>Supper – 3:00</b> WG Mac & Cheese w/Diced Chicken, Diced Cinnamon Apples w/ Raisins, Green Beans, Choice of Milk 8oz <b>Snack – 5:00</b> WG Goldfish Grams 1oz, Choice of Milk 8oz	29 <b>Supper – 3:00</b> Chicken & WG Waffles, Green Beans, Fresh Fruit - Apples / Oranges / Banana – 1 each, Choice of Milk 8oz <b>Snack – 5:00</b> WG Sunchips Original 1oz, 100% Fruit Juice 6.75oz	30 <b>Supper – 3:00</b> Cheese Frank on Bun, Roasted Sweet Potatoes, Mandarin Oranges, WG Bun, Choice of Milk 8oz <b>Snack – 5:00</b> Yogurt 4oz, Fresh Fruit – Banana / Orange / Apple – 1 each	31 <b>Supper – 3:00</b> Cheese Burger, Baked Beans, Spiced Apples – Hot, WG Bun, Choice of Milk 8oz <b>Snack – 5:00</b> String Cheese, WG Ritz Cracker, 100% Fruit Juice 6.75oz	1 <b>Supper – 3:00</b> WG Cheese Pizza, Pineapple, Fresh Broccoli, WG Roll, Choice of Milk 8oz <b>Snack – 5:00</b> WG Chex Mix Caramel, Choice of Milk 8oz