



January 2019 K-8 Lunch Menu

<p><i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green</i></p>	<p>2</p> <p>Holiday Break</p>	<p>3</p> <p>WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=104 so=801</i></p>	<p>4</p> <p>Bosco Sticks (1m, 2wg) Marinara (1/8r) Celery Sticks (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=97 so=970</i></p>
<p>7</p> <p>Beef Quesadilla (2m, 2wg) Taco Sauce Corn (3/4s) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 625 cb=111 so=991</i></p>	<p>8</p> <p>WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Ranch Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca=635 cb=82 so=1071</i></p>	<p>9</p> <p>Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c)</p> <p><i>ca= 645 cb=118 so=676</i></p>	<p>10</p> <p>Beef Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c)</p> <p><i>ca= 635 cb=66 so=1035</i></p>	<p>11</p> <p>Tony's Pizza (2m, 2wg, 1/8r) Celery Sticks (3/4o) Beef Peperoni Ranch Dressing Whole Apple (1/2c) Milk (1c)</p> <p><i>ca= 650 cb=79 so=1145</i></p>
<p>14</p> <p>Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 600 cb=108 so991</i></p>	<p>15</p> <p>WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca= 605 cb=95 so=1056</i></p>	<p>16</p> <p>Diced Chicken BBQ (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 650 cb=99 so=1011</i></p>	<p>17</p> <p>Beef Meatball Sub & WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca= 600 cb=75 so=1211</i></p>	<p>18</p> <p>WG Grilled Cheese Sandwich (1.5m, 1.5wg) Fresh Broccoli (3/4g) Ranch Dressing Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=96 so=997</i></p>
<p>21</p> <p>MLK Holiday</p>	<p>22</p> <p>WG Chicken Tenders (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca=633 cb=92 so=1070</i></p>	<p>23</p> <p>WG Chicken Corndog (2m,2wg) Green Beans (3/4o) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c)</p> <p><i>ca= 610 cb=84 so=1030</i></p>	<p>24</p> <p>WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=104 so=801</i></p>	<p>25</p> <p>Bosco Sticks (1m, 2wg) Marinara (1/8r) Celery Sticks (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 620 cb=97 so=970</i></p>
<p>28</p> <p>Beef Quesadilla (2m, 2wg) Taco Sauce Corn (3/4s) Whole Banana (1/2c) Milk (1c)</p> <p><i>ca= 625 cb=111 so=991</i></p>	<p>29</p> <p>WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Ranch Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c)</p> <p><i>ca=635 cb=82 so=1071</i></p>	<p>30</p> <p>Walking Taco Beef (.5m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c)</p> <p><i>ca= 645 cb=118 so=676</i></p>	<p>31</p> <p>Beef Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c)</p> <p><i>ca= 635 cb=66 so=1035</i></p>	

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

“this institution is an equal opportunity provider”

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.