

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

## Guess What?

**Inauguration Day for the President is every fourth year. This tradition began on January 20, 1937.**

### OFFERED DAILY

Yogurt and Crackers  
Deli Sandwich  
Assorted Fresh Fruits  
Vegetables  
Bread Basket

### MILK CHOICES

1% White  
Strawberry Splash  
Nonfat Chocolate  
Soy Milk- On Request

New Year's Day **1**



Bean and Cheese Burrito\* **4**  
Grilled Cheese Sandwich\*\*  
Peas  
Chilled Mixed Fruit  
Green Salad

Chicken Nuggets **5**  
Macaroni and Cheese\*  
Corn  
Apple Sauce  
Garden Salad

Subway - El Portal

"Soup and Sandwich Day" **6**  
Chicken Noodle and Deli Stick  
Mini Corndogs  
Fresh Pear  
Green Salad

Teriyaki Beef Dippers\* **7**  
Chicken Nuggets  
Steamed Rice  
Sliced Carrots  
Tangerine  
Garden Salad

Mozzarella Cheese Sticks **8**  
w/ Marinara Sauce\*\*  
Baked Chicken  
Chilled Sliced Peaches  
Green Salad

Domino's - Meadow Green

Chicken Sandwich on Whole Wheat Bun **11**  
Cheese Quesadilla\*\*  
Tangerine  
Garden Salad

Spaghetti w/Meat Sauce **12**  
Chicken Nuggets  
Peas  
Fresh Apple  
Green Salad

Subway - Macy

"Breakfast for Lunch" **13**  
Waffles and Sausage  
French Bread Pizza  
Chilled Diced Peaches  
Garden Salad

Chicken Nuggets **14**  
Bean and Cheese Burrito  
Chilled Mixed Fruit  
Corn  
Green Salad

Hamburger on Wheat Bun **15**  
Baked Chicken  
Mashed Potatoes  
Green Beans  
Tangerine  
Garden Salad

Domino's - Jordan

MLK Holiday School Closed



Hot Dog on Wheat Bun **18**  
Chicken Nuggets  
Fuji Apple  
Sliced Carrots  
Garden Salad

Subway- Meadow Green

Pizza Wedge **19**  
BBQ Beef Rib Sandwich  
Chilled Diced peaches  
Celery Sticks  
Green Salad

"Soup and Sandwich Day" **20**  
Gold Fish Pasta and Grilled  
Cheese Sandwich\*\*  
Chicken Nuggets  
Banana  
Garden Salad

BBQ Olita

Bean and Cheese Burrito\* **21**  
Chicken Sandwich on Wheat Bun  
Chilled Peaches  
Corn  
Green Salad

Domino's- Olita

Mozzarella Cheese Sticks **25**  
with Marinara Sauce\*\*  
Baked Chicken  
Chilled Sliced Apples  
Garden Salad

Fish and Chips\* **26**  
Chicken Nuggets  
Chilled Mixed Fruit  
Carrot Sticks  
Green Salad

Subway- Jordan

Pasta with Marinara Sauce **27**  
Mini Corn Dogs  
Peas  
Tangerine  
Garden Salad

Macaroni and Cheese\*\* **28**  
Chicken Nuggets  
Apple Sauce  
Broccoli  
Green Salad

Sloppy Joe on Wheat Bun **29**  
Pizza Wedge  
Chilled Diced Pears  
Sliced Carrots  
Garden Salad

Domino's- El Portal

Lunch Price \$ 2.75  
Reduced Price \$ .40

### A LA CARTE

Juice \$.50  
Milk \$.50  
Water \$.50  
Chips \$1.00  
Chocolate Chip Cookie \$.50

### Menu Guidelines

School Lunch menus are planned to meet the USDA Dietary Guidelines Nutrient target of calorie requirements.

R.D.A. (recommended daily allowance)

- Less than 30% calories from fat.
- Less than 10% calories from saturated fat.
- 1/3 \*RDA calcium: iron: vitamin A Vitamin C

Menu includes a selection of whole grains, fresh fruits and vegetables

## School News

1<sup>st</sup> - New Year's Day  
18<sup>th</sup> - Martin Luther King Jr. Day  
29<sup>th</sup> - End of 2<sup>nd</sup> Semester

Key

\* Pork

\*\*Vegetarian

\*\*\* Contains Peanuts

W/G Whole Grain