


January 2010 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Teriyaki or Smackers w Swt&Sr or General Tso Sauce Fried Rice, Sitr Fry Veggies Chilled Pineapple Fortune Cookie Two-fer	5 Mexican Pizza Seasoned Corn Mandarin Oranges Cinnamon Roll Hot Dog w/wo chili	6 Meatballs in Red Gravy w Spaghetti Seasoned Green Beans Peaches Garlic Roll Chicken Patty	7 Pork Chop Mashed Potato w Gravy Green Peas Wheat Roll Chocolate Cake Hamburger	8 Chicken Strips Broccoli w Cheese Apricots French Bread Meatball PB w/wo Cheese
11 Red/White Beans Cheesy Cauliflower Tropical Mixed Fruit Corn Bread Chicken Patty	12 Crispy Pork Taco Lettuce/Tomato Cup Cheese Cup Seasoned Corn King Cake Chicken Nuggets	13 Spaghetti w Meatsauce Ceasar Salad Mixed Fruit Italian Bread Sugar Cookie Hot Dog w/wo chili	14 Turkey w Gravy and Rice OR Turkey Gumbo Green Salad Applesauce French Bread Yellow Cake Hamburger w/wo Chz	15 Pizza Italian Salad Pears BBQ Pork
18 No School Martin Luther King, Jr. Day 	19 Tacos w Cheese Lettuce/Tomato Cup Seasoned Corn King Cake Grilled Cheese	20 Meatballs and Spaghetti Italian Green Beans Garden Salad Garlic Roll Two-fer	21 BBQ Chicken w Mshd Potatoes Chilled Strawberries Wheat Roll Brownie Chicken Nugget	22 Fish Strips Macaroni and Cheese Tossed Salad Applesauce French Bread Hamburger w/wo Cheese
25 Pork Chop w Mshd Potatoes Mixed Fruit Southern Butter Wheat Roll Pudding Grilled Cheese	26 Crispy Pork Taco Lettuce/Tomato Cup Cheese Cup Seasoned Corn King Cake Hamburger w/wo Cheese	27 Meatballs and Spaghetti Steamed Broccoli Fresh Fruit Italian Bread Hot Dog w/wo chili	28 Turkey with Gravy Rice Cheesy Spinach Chilled Pears Roll Two-fer	29 Popcorn Chicken Mashed Potatoes Green Peas Roll

School lunches must meet recommendations of the Dietary Guideline for Americans.

*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.

*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.

Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

