

KIDS SCHOOL MENU January 2019

Week Two January 7th

Monday	Tuesday	Wednesday	Thursday	Friday
Salad: Garden Salad with	Salad: Garden Salad	Fruit: Whole fruit	Salad: Garden Salad	Salad: Garden Salad
Cucumber vinaigrette	with tomatoes low fat	Main: Deli Sandwich	with tomatoes low fat	with Cucumber
Main: Taco Macaroni, broccoli,	dressing	Chips	dressing	vinaigrette
Rolls	Main: BBQ Chopped	Cheese/Dairy: 2% Milk	Main: Turkey Alfredo,	Main: Beef with gravy,
Cheese/Dairy: 2% Milk	Chicken, Baked Beans,	Dessert: Cookie	peas Rolls	mashed potato, green
Dessert: Fresh Fruit	Macaroni & Cheese &	½ pan salad	Cheese/Dairy: 2%	beans Chicken, & rolls
	rolls		Milk)t	Cheese/Dairy: 2% Milk
	Cheese/Dairy: 2% Milk		Dessert: fresh fruit	Dessert: Fresh fruit
	Dessert: fresh fruit			

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Salad: Garden Salad with	Salad: Garden Salad	Fruit: Whole fruit	Salad: Garden Salad	Salad: Garden Salad
Cucumber vinaigrette	with tomatoes low fat	Main: Burger w/cheese	with tomatoes low fat	with Cucumber
Main: Saulsbury, Green Peas,	dressing	Chips	dressing	vinaigrette
Mashed Potato Rolls	Main: Baked Chicken,	Cheese/Dairy: 2% Milk	Main: Turkey Penne	Main: Lasagne,
Cheese/Dairy: 2% Milk	Green Beans, rice & rolls	Dessert: Cookie	with Pasta Sauce, peas	Mixed Veggie, & rolls
Dessert: Fresh Fruit	Cheese/Dairy: 2% Milk	½ pan salad	Rolls Cheese/Dairy: 2%	Cheese/Dairy: 2% Milk
	Dessert: fresh fruit		Milk)t	Dessert: Fresh fruit
			Dessert: fresh fruit	

Week four

Monday	Tuesday	Wednesday	Thursday	Friday
MARTIN LUTHER KING JR. DAY	Salad: Garden Salad with	Salad: Mixed Fruit	Salad: Garden Salad	Salad: Garden Salad
	tomatoes low fat dressing	Main: chicken sandwich,	with Cucumber	with Cucumber
	Main: Beef Spaghetti with	chips, ketchup, mustard	vinaigrette	vinaigrette
	meat balls, rolls	Cheese/Dairy: 2% Milk	Main: sweedish	Main: Vegetarian
	Cheese/Dairy: 2% Milk	Dessert: Cookie	Meatballs, Butter	Lasagna, green
	Dessert: fresh fruit	½ pan salad	Pasta, vegetables, rolls	Beans, rolls
			Cheese/Dairy: 2% Milk	Cheese/Dairy: 2% Milk
			Dessert: Fresh Fruit	Dessert: fruit

Week Five

Monday	Tuesday	Wednesday	Thursday	Friday 02/01/19
Salad: Garden Salad with	Salad: Garden Salad with	Salad: Mixed Fruit	Salad: Garden Salad	Salad: Garden Salad
tomatoes and vinaigrette	tomatoes low fat dressing	Main: Beef hot dogs, chips,	with tomatoes low fat	with tomatoes low fat
dressing	Main: Chicken fingers, with	Cheese/Dairy: 2% Milk	dressing	dressing
Main: Cube Steaks with	green beans, Roasted	Dessert: Cookies	Main: Baked BBQ	Main: Roasted
gravy, white rice,	potato, Rolls	½ pan salad	Chicken, mac &	Chicken, with peas and
vegetables, Rolls	Cheese/Dairy: 2% Milk)		Cheese, Baked Beans	carrots, Rice & rolls
Cheese/Dairy: 2% Milk	Dessert: fresh fruit		& rolls	Cheese/Dairy: 2% Milk
Dessert: Fresh Fruit			Cheese/Dairy: 2% Milk	Dessert: Fresh Fruit
			Dessert: Fresh Fruit	