

January

LUNCH

2012

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

PEANUT BUTTER /JELLY AVAILABLE AT ALL TIMES

1	2 4-OZ TURKEY MEATLOAF 1/2-CUP SPANISH RICE 1-CORN ON COB 1-WHEAT ROLL 1-PLUM 8-OZ SKIM MILK	3 4-OZ MEATBALLS 1-WHEAT HERO 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1/2-CUP PUDDING 8-OZ SKIM MILK	4 4-OZ TUNA/EGG SALAD LOWFAT MAYO 1-WHEAT KAISER ROLL 1/2-CUP LET/TOM 1-CUP CHICKEN NOODLE 1-APPLE 8-OZ MILK	5 4-OZ CH.BURGER 1-WHOLE WHEAT BUN 1/2-CUP PASTA SALAD 1/2-CUP LET/TOM 1-BANANA 8-OZ SKIM MILK	6 4-OZ BREADED FLOUNDER 1/2-CUP MASHED POTATO 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	7
8	9 4-OZ SAUSAGE/PEPPERS 1-WHEAT HERO 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1-ORANGE 8-OZ SKIM MILK	10 4-OZ CHICKEN PARM 1/2-CUP WHEAT SPAGHETTI 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1-PEAR 8-OZ SKIM MILK	11 4-OZ BEEFARONI 1/2-CUP TOSSED SALAD 1-OZ L.F.DRESSING 2-SL.WHEAT BREAD 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	12 4-OZ BBQ CHICKEN 1/2-CUP MAC/CHEESE 1-CORN ON COB 1-APPLE 1-DINNER ROLL 8-OZ SKIM MILK	13 4-OZ BAKED TILAPIA 1/2-CUP WHEAT LINGUINI 1/2-CUP CUP CALI VEG. 1-WHEAT DINNER ROLL 1-BANANA 8-OZ SKIM MILK	14
15	16 MLK DAY	17 4-OZ CHICKEN DOGS 2-WHOLE WHEAT BUNS 1/2-CUP SAUERKRAUT 1/2-CUP VEGGIE BEANS 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	18 4-OZ CHICKEN STIR FRY 1/2-CUP BROWN RICE 1-BGG ROLL 1-PEAR 8-OZ SKIM MILK	19 4-OZ PASTRAMI 1-OZ SWISS 1-WHEAT HERO 1/2-CUP LET/TOM 1/2-CUP S.F. PUDDING 8-OZ SKIM MILK	20 4-OZ TUNA/CHICK SALAD LOWFAT MAYO 1-WHEAT KAISER ROLL 1/2-CUP LET/TOM 1/2-CUP MAC SALAD 1-APPLE 8-OZ MILK	21
22	23 4-OZ TURKEY MEATLOAF 1/2-CUP SPANISH RICE 1-CORN ON COB 1-WHEAT ROLL 1-ORANGE 8-OZ SKIM MILK	24 4-OZ MEATBALLS 1-WHEAT HERO 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1/2-CUP S.F. PUDDING 8-OZ SKIM MILK	25 4-OZ CHICKEN SANDWICH 1-WHEAT KAISER ROLL 1/2-CUP LET/TOM 1-CUP SOUP 1-APPLE 8-OZ SKIM MILK	26 4-OZ CH.BURGER 1-WHOLE WHEAT BUN 1/2-CUP PASTA SALAD 1/2-CUP LET/TOM 1-BANANA 8-OZ MILK	27 4-OZ BREADED FLOUNDER 1/2-CUP MASHED POTATO 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1/2-CUP S.F. JELLO 8-OZ SKIM MILK	28
29	30 4-OZ SAUSAGE/PEPPERS 1-WHEAT HERO 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1-ORANGE 8-OZ SKIM MILK	31 4-OZ CHICKEN PARM 1/2-CUP WHEAT SPAGHETTI 1/2-CUP TOSSED SALAD 1-OZ L.F. DRESSING 1-PEAR 8-OZ MILK	IF YOU HAVE A FOOD ALLERGY CONCERN PLEASE SEE YOUR SERVER OR MANAGER!!!			

S.F.=SUGARFREE

L.F.=LOWFAT