

January K-8 Lunch Menu

2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	Ravioli with Cheese 2	Fiesta Chicken Bowl 3	Chicken Nuggets 4	Pasta with Meat Sauce 5
NO SERVICE	½ c Fresh orange (15) ½ c Steamed broccoli ¼ c Diced carrots Cheese ravioli (1oz meat) with ¼ c spaghetti sauce and 1oz Mozzarella cheese 2oz WG breadsticks (28)	4oz 100% juice (15) ½ c Pinto beans (23) ¼ c Kernel Corn (6) 2oz Roasted chicken with ¼ c salsa over ½ c Brown rice (22)	4oz 100% juice (15) ¼ c Tater tots (20) 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) 1oz WG graham crackers (18) BBQ packet	½ c Fresh banana (15) ½ c Diced carrots (6) ¼ c Green beans ½ c WG pasta (20) with ¼ c Spaghetti sauce, 1oz Ground beef, 1oz Mozzarella cheese 1oz WG breadstick (14)
Corn Dog 8	Cheese Pizza 9	Homemade Meatballs 10	Ham Cheese Melt 11	Salisbury Steak 12
½ c Fresh apple (15) ¼ c Tater tots (20) WG chicken corn dog (30) (2oz meat, 2oz grain) Ketchup packet	½ c Fresh orange (15) ¾ c Fresh baby carrots (9) WG cheese pizza (37) (2oz meat, 2oz grain) Ranch packet	4oz 100% juice (15) ½ c Steamed broccoli ¼ c Mixed vegetables ½ c WG pasta (20) with ¼ c Spaghetti sauce, 1oz equ Meatballs, 1oz Mozzarella cheese 1oz WG breadstick (14)	4oz 100% juice (15) ½ c Maple beans (26) ¼ c Green beans 1.5oz Sliced turkey ham, 0.5oz sliced American cheese on 2oz WG bread (26)	½ c Fresh banana (15) ½ c Mashed potatoes (13) ¼ c Green beans 2oz equ Salisbury steak with gravy 1oz WG dinner roll (14)
Sloppy Joe 15	Hot Dog 16	Southern Biscuit 'n Gravy 17	Chicken Royale 18	Ravioli with Beef 19
½ c Fresh apple (15) ½ c BBQ beans (26) ¼ c Diced carrots 2oz Ground beef with sauce on 2oz WG bun (24)	½ c Fresh orange (15) ¾ c Tater tots (20) 2oz Turkey hot dog on 2oz WG hot dog bun (23) Ketchup packet	4oz 100% juice (15) ½ c Diced carrots (6) ¼ c Kernel corn (6) 2oz WG biscuit (28) with 2oz Ground beef and gravy	4oz 100% juice (15) ¾ c Green beans (5) 2oz Roasted chicken with curry sauce over ½ c Brown rice (22)	½ c Fresh banana (15) ½ c Steamed broccoli ¼ c Mixed vegetables Cheese ravioli (1oz meat) with ¼ c spaghetti sauce and 1oz Ground beef 2oz WG breadsticks (28)
Chicken Nuggets 22	Pancakes 'n Sausage 23	Hamburger 24	Chicken 'n Dumplings 25	Soft Taco 26
½ c Fresh apple (15) ½ c Diced carrots (6) ¼ c Green beans 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) 1oz WG graham crackers (18) BBQ packet	½ c Fresh orange (15) ¾ c Tater tots (20) 2oz WG pancakes with 2oz Turkey sausage Syrup cup	4oz 100% juice (15) ½ c Steamed broccoli ¼ c Diced carrots 2oz Beef patty on 2oz WG bun (24) Ketchup packet	4oz 100% juice (15) ½ c Diced carrots (6) ¼ c Green beans 2oz Roasted chicken with gravy over ¼ c dumplings 1oz WG dinner roll (14)	½ c Fresh banana (15) ½ c Pinto beans (23) ¼ c Kernel corn (6) 1.5oz Seasoned beef, 0.5oz cheddar cheese on 2oz WG tortilla (34) Taco sauce packet
Chicken Patty on Bun 29	Cheese Pizza 30	Chili Mac 31		
½ c Fresh apple (15) ½ c BBQ beans (26) ¼ c Green beans Chicken patty (15) (2oz meat) on 2oz WG bun (24) Mayo packet	½ c Fresh orange (15) ¾ c Fresh baby carrots (9) WG cheese pizza (37) (2oz meat, 2oz grain) Ranch packet	4oz 100% juice (15) ½ c Kernel corn (12) ¼ c Green beans ½ c WG pasta (20) and 1oz Ground beef with sauce, 1oz Cheddar cheese 1oz WG breadstick (14)		
				Menu Subject to Change. Each meal served with choice of 1c 1% milk (12g) or 1c fat- free flavored milk (22g). Enjoy!

innovation foods

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