

# January 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Bar:	<b>7</b> Beef Hot Dog Corn Diced Peaches Carrots Salad w/Spinach Applesauce	<b>8</b> Beef, Chile & Cheese Burrito Cucumber Coins Fresh Pear Salad w/Spinach Diced Peaches	<b>9</b> Pepperoni Pizza Salad w/Spinach Fresh Banana Jalapeno/Green Beans Pineapple Tidbits	<b>10</b> Chicken Green Tamale Pinto Beans Apricot Halves Salad w/Spinach Carrots Diced Pears	<b>11</b> Grilled Cheese Sandwich Carrots Mixed Fruit Tuna Salad Mix Salad w/Spinach Manager's Choice Fruit
Salad Bar:	<b>14</b> Chicken Burger Carrots Mixed Fruit Salad w/Spinach Fresh Apple	<b>15</b> Carnitas Tacos Whole Wheat Tortilla Pinto Beans Strawberry Cups Salad w/Spinach Carrots Diced Pears	<b>16</b> Cheeseburger Sliders Zucchini Coins Fresh Banana Corn Salad w/Spinach Diced Peaches	<b>17</b> Spaghetti w/Meat Sauce Salad w/Spinach Whole Wheat Roll Fresh Red Pear Carrots Mixed Fruit	<b>18</b> Turkey Ham & Cheese Sandwich Green Beans Diced Peaches Tropical Trio Slushie Tuna Salad Mix Salad w/Spinach Manager's Choice Fruit
Salad Bar:	<b>21</b> Martin Luther King Holiday	<b>22</b> Turkey Corn Dog Pinto Beans Diced Pears Salad w/Spinach Carrots Apricot Halves	<b>23</b> Beef & Cheese Taco Snack Jicama Sticks Fresh Banana Salad w/Spinach Carrots Mixed Fruit	<b>24</b> Pepperoni Pizza Salad w/Spinach Mandarin Orange Corn Mixed Berry Cups	<b>25</b> Chicken Nuggets Cornbread Carrots Mixed Fruit Tuna Salad Mix Salad w/Spinach Manager's Choice Fruit
Salad Bar:	<b>28</b> Charbroiled Hamburger Pinto Beans Applesauce Salad w/Spinach Corn Diced Peaches	<b>29</b> Cheese Calzone Carrots Diced Pears Salad w/Spinach Pineapple Tidbits	<b>30</b> Bean & Cheese Burrito Salad w/Spinach Fresh Banana Cucumber Coins Mixed Fruit	<b>31</b> Baked Chicken Confetti Coleslaw WG Roll Orange Cutie Salad w/Spinach Carrots Strawberry Cups	
Salad Bar:					

<b>Must be offered weekly:</b>	Starchy/Other 1/2 C
	Dark Green 1/2 C
	Red/Orange 3/4 C
	Beans/Legumes 1/2 C
	Other Vegetable

gl 12-5-18

<b>Must be offered weekly:</b>	Meat/Meat Alternate: 9 (Min. 1 daily)
	Grains: 8 (Min. 1 daily)
	Vegetables: 3 3/4 C (Min. 3/4 C daily)
	Fruit 2 1/2 C (Min. 1/2 C daily)
	Milk: 5 C (Min. 1 C daily)