



# Menu for the week of

**1/7/2019**

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**1/11/2019**

	<b>1/7/2019 Monday</b>	<b>1/8/2019 Tuesday</b>	<b>1/9/2019 Wednesday</b>	<b>1/10/2019 Thursday</b>	<b>1/11/2019 Friday</b>
<b>Soup</b>	Tomato Basil Soup	Homemade Chili	Vegetable Beef	Chicken & Dumpling	Chicken Noodle
<b>Chef's Entree</b>	Spaghetti w/ Meat Sauce & Garlic Breadstick	Baked Salmon w/ Asparagus & Wild Rice	Beef Lasagna w/ Garlic Breadstick	Sweet & Sour Chicken w/ Steamed Rice & Eggroll	Pepperoni, Cheese Pizza Day Served with Fresh Fruit
<b>Kids Pick</b>	Ultimate Grilled Cheese w/ Tomato Soup and Baked Chips	Corn Dog w/ Mac & Cheese	Crispy Chicken Club w/ Curly Fries	Chopped BBQ Sandwich w/ Baked Beans	Pasta Marinara
<b>Kid Pick Sides</b>	Carrot, Celery, Cucumbers or Fruit Cup	Carrot, Celery, Cucumbers or Fruit	Carrot, Celery, Cucumbers or Fruit	Carrot, Celery, Cucumbers or Fruit	Carrot, Celery, Cucumbers or Fruit Cup
<b>Fresh Vegetables</b>	Side Salad	Green Beans	Steamed Broccoli	Roasted Veggies	Caesar Salad
<b>Deli Sandwich</b>	Wow Butter & Jelly	Turkey & Swiss Wrap	Grilled Chicken Wrap	BLT	*****
<b>Healthy Choice</b>	Chicken Caesar Salad	Trio Salad - Greens w/ Tuna, Chicken and Fruit	Greek Salad	Cobb Salad	*****
<b>Baked Potatoes</b>	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon bits and Sour Cream	Served Daily with Cheddar Cheese, Bacon Bits and Sour Cream
<b>Beverage Bar</b>	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water	100% Juice Suncup 6oz, 2% Milk or Fat Free Chocolate Milk, Water
<b>Dessert</b>	Banana Pudding	JellO	Chocolate Pudding	Cinnamon Rolls	Ice Cream

Daily Meal features Choice of Main Entrée or Deli Sandwich Box or Salad Entrée and choice of two sides, dessert and a beverage.

Pre-K3 - K - \$5.15 1st through 3rd Grades \$5.80 and 4th through 8th Grades \$6.40

This menu has been reviewed by our Nutritionist Cynthia Wolfram, RDN, LD / Dietitians for Healthcare, LLP

