

TES January Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1 Holiday Break	2 Chicken Nuggets w/Roll or Yogurt & String Cheese Lunchable Choose 2 Veggies & 1 Fruit Mashed Potatoes Tossed Salad & Dressing Variety of Fruit	3 Pizza or Wowbutter Uncrustable Choose 2 Veggies & 1 Fruit Seasoned Mixed Vegetables Carrot Sticks Variety of Fruit	4 Hot Ham & Cheese Sandwich or Grilled Cheese & Soup Choose 2 Veggies & 1 Fruit Collard Greens Fresh Broccoli w/Dip Variety of Fruit Sidekick Fruit Slushie
7 Chicken Patty on a Roll or Turkey & Cheese Lunchable Choose 2 Veggies & 1 Fruit Potato Puffs Baked Beans Variety of Fruit	8 Spaghetti w/Meatsauce or Ham Sliders Choose 2 Veggies & 1 Fruit Seasoned Green Beans Tossed Salad w/Dressing Variety of Fruit	9 "Breakfast for Lunch" French Toast Sticks w/Sausage or Yogurt & String Cheese Lunchable Choose 2 Veggies & 1 Fruit Waffle Fries Carrot Sticks	10 Breadsticks w/Marinara or Wowbutter Uncrustable Choose 2 Veggies & 1 Fruit Steamed Broccoli Fresh Cauliflower & Celery Variety of Fruit	11 Beef Rib-B-Que on a Bun or Calzone Choose 2 Veggies & 1 Fruit Seasoned Corn Coleslaw Variety of Fruit Sidekick Fruit Slushie
14 Cheeseburger on a Roll or Popcorn Chicken & Roll Choose 2 Veggies & 1 Fruit French Fries Seasoned Mixed Vegetables Variety of Fruit	15 Beefy Nachos con Queso Lettuce & Tomato or Turkey & Cheese Wrap Choose 2 Veggies & 1 Fruit Refried Beans Carrot Sticks Variety of Fruit	16 Baked Chicken & Roll or Yogurt & String Cheese Lunchable Choose 2 Veggies & 1 Fruit Corn Cobbett Tossed Salad w/Dressing Variety of Fruit	17 Pizza Hut or Wowbutter Uncrustable Choose 2 Veggies & 1 Fruit Collard Greens Fresh Broccoli w/Dip Variety of Fruit	18 Mac & Cheese w/Soft Pretzel or Ham & Cheese Lunchable Choose 2 Veggies & 1 Fruit Seasoned Green Beans Carrot Sticks Variety of Fruit Sidekick Fruit Slushie
21 No School	22 Corn Dog Nuggets or Pulled Pork BBQ Sandwich Choose 2 Veggies & 1 Fruit Potato Puffs Seasoned Green Beans Variety of Fruit	23 Taco's w/Meat, Cheese, Lettuce & Tomato or Ham Sliders Choose 2 Veggies & 1 Fruit Refried Beans Carrot Sticks Variety of Fruit	24 Pizza or Wowbutter Uncrustable Choose 2 Veggies & 1 Fruit Seasoned Mixed Vegetables Carrot Sticks Variety of Fruit	25 No School
28 Hamburger on a Roll or Grilled Cheese & Vegetable Soup Choose 2 Veggies & 1 Fruit Potato Smiles Seasoned Green Beans Variety of Fruit	29 Chicken Soft Taco w/Cheese, Lettuce & Tomato or Turkey & Cheese Wrap Choose 2 Veggies & 1 Fruit Refried Beans Steamed Broccoli Variety of Fruit	30 "Breakfast for Lunch" Dutch Waffle & Sausage Patty or Yogurt & String Cheese Lunchable Choose 2 Veggies & 1 Fruit Potato Wedges Seasoned Carrots Variety of Fruit	31 Breadsticks w/Marinara or Wowbutter Uncrustable Choose 2 Veggies & 1 Fruit Steamed Broccoli Fresh Cauliflower & Celery Variety of Fruit	

Elementary School Students May Select: Entrée & Grain Options, One Cup of Vegetable, 1/2 Cup of Fruit and Milk

All lunches include 1/2 pint of FF Chocolate, FF Strawberry, Skim or 1% White Milk

This institution is an equal opportunity provider