

JANUARY, 2019 MENU

Monday

January 7, 2019

BREAKFAST:

Oatmeal Bake (1/2c)

Peaches (1/2 c)

LUNCH:

Meatballs (1/2c) or

Deli Ham Sand. (3.4oz)

Mashed Potatoes (1/2c)

or Rice (1/2c)

Broccoli (1/4c-1/2c)

Cauliflower (1/4c-1/2c)

Peaches (1/2 c)

Tuesday

January 8, 2019

BREAKFAST:

Muffins (1 each)

Pineapple (1/2c)

LUNCH:

Quesadilla (1each) or

Hamburger (2oz)

Spanish Rice (1/2c)

WK Corn (1/4c/ 1/2 c)

Dk. Gr. Lettuce Salad (1/4c)

Fresh Veggie Tray (1/2 c)

Pineapple (1/2c)

Spicy Apples (1/4c)

Wednesday

January 9, 2019

BREAKFAST:

Pancakes (2 each)

Pears (1/2 c)

LUNCH:

Chicken Patty (2oz) or

Deli Turkey Sand. (3.4oz)

Tatar Tots (3oz/5oz)

Green Beans (1/2 C)

Fresh Veggie Tray (1/2 c)

Pears (1/2 c)

Sliced Apples (1 each)

Thursday

January 10, 2019

BREAKFAST:

Yogurt (1each)

Mixed Fruit (1/2c)

LUNCH:

Tomato or Chicken Soup

Hot Dog (2 oz)

Toasted Cheese (1 each)

Hash Browns (1/2c)

Veggie Beans (1/2c)

Fresh Veggie Tray (1/2c)

Crackers (2pk)

Mixed Fruit (1/2c)

Friday

January 11, 2019

BREAKFAST:

Mini Cinn. rolls (2 each)

Applesauce (1/2 c)

LUNCH:

Pizza Dippers (2oz) or

Pulled Pork (2oz)

Au Gratin Potatoes (1/2c)

Dk. Gr. Lettuce Salad (1/4c)

Fresh Veggie Tray (1/2 c)

Marinara Sauce (1/4c)

Applesauce (1/2 c)

Monday

January 14, 2019

BREAKFAST:

Oatmeal (1/2c)

Pears (1/2 c)

LUNCH:

Teriyaki Chicken Stir Fry(2oz)

or Hamburger (2oz)

Seasoned Rice (1/2c) or

Mashed Potatoes (1/4c / 1/2c)

Stir Fry Vegetables (1/2c)

Mixed Veggies (1/4c/1/2c)

Fresh Veggie Tray (1/2 c)

Pears (1/2 c)

Tuesday

January 15, 2019

BREAKFAST:

Muffins (1 each)

Applesauce (1/2 c)

LUNCH:

Taco Shell (1shell;2 shell)

Taco Meat (1 1/2 oz) or

Deli Ham Sand. (3.4oz)

on WG Bun (1)

Shred Cheese 1/2oz

Nacho(1oz chip/1oz cheese)

Refried Beans (1/4 c)

WK Corn (1/4c / 1/2 c)

Lettuce: Romaine/iceberg

Applesauce (1/2 c)

Wednesday

January 16, 2019

BREAKFAST:

Egg, Ham & Cheese Bake (1/2c)

Mandarin Oranges (1/2c)

LUNCH:

Chili (8oz/10oz) or

Hot Dog (2oz)

French Fries (1/4c /1/2c)

Veggie Beans (1/4 c)

Dk. Gr. Lettuce Salad (1/4c)

Shredded Cheese (1/2oz)

Fresh Veggie Tray (1/4 c)

Mandarin Oranges (1/2c)

Thursday

January 17, 2019

BREAKFAST:

Yogurt (1each)

Peaches (1/2 C)

LUNCH:

Ravioli (1 cup) or

Grilled Chicken Sand. (2 oz)

Breadsticks (1oz/2oz)

WK Corn (1/4c / 1/2 c)

Dk. Gr. Lettuce Salad (1/4c)

Fresh Veggie Tray (1/2c)

Peaches (1/2 C)

Friday

January 18, 2019

BREAKFAST:

French Toast Sticks (4sticks)

Strawberries (1/2c)

LUNCH:

Chicken Nuggets (2oz) or

Brat (2 oz)

on W.G. Bun (1)

Tri-Tatars (2oz/4oz)

or Baked Potatoes (1/2c.)

Broccoli (1/4c-1/2c)

Cabbage Salad (1/4c)

Strawberries (1/2c)

Mixed Berries (1/2c)

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.

JANUARY, 2019 MENU

<p>Monday January 21, 2019 BREAKFAST: NO SCHOOL</p> <p>LUNCH:</p> <p>NO SCHOOL</p>	<p>Tuesday January 22, 2019 BREAKFAST: Bagels (1each) Pineapple (1/2c) LUNCH: Chicken Wrap (1;2) or or Hamburger (2oz) Nachos(1oz. Chip/cheese) Refried Beans (1/4 c) WK Corn (1/4c / 1/2 c) Shred Cheese 1/2oz Dk Gr Shredded lettuce (1/8c) Pineapple (1/2c)</p>	<p>Wednesday January 23, 2019 BREAKFAST: Muffins (1 each) Peaches (1/2 c) LUNCH: Salisbury Steak (2oz) or BBQ Rib (2oz) WG Buns (1) Smiles (3oz / 5oz) Peas or Carrots (1/2c) Fresh Veggie Tray (1/2 c) Peaches (1/2 c)</p>	<p>Thursday January 24, 2019 BREAKFAST: Yogurt (1each) Mixed Fruit (1/2c) LUNCH: Orange chicken (2oz) or Deli Ham (2 oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/2c) Cauliflower (1/2c) Mixed Fruit (1/2c)</p>	<p>Friday January 25, 2019 BREAKFAST: Egg, Ham & Cheese on Muffin Applesauce (1/2 c) LUNCH: Pizza (1 slice) or Assorted Sandwiches (1each) Hash Browns (1/2 c) Veggie Beans (1/4c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/4c) Applesauce (1/2 c)</p>
<p>Monday January 28, 2019 BREAKFAST: Pancakes (2each) Strawberries (1/2c) LUNCH: Hot Dog or Sloppy Joe (2oz) WG Buns (1) Ranch Fries (1/2c / 3/4) Broccoli (1/4c-1/2c) Veggie Beans (1/2 c) Fresh Veggie Tray (1/2 c) Pears (1/2c)</p>	<p>Tuesday January 29, 2019 BREAKFAST: Muffins (1 each) Tropical Fruit (1/2 c) LUNCH: Spaghetti w/ (1/2c / 3/4c) Meat Sauce (5/8 C) or Hamburger (2oz) Garlic Toast (1 ; 2 slices) WK Corn (1/4c / 1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Tropical Fruit (1/2 c)</p>	<p>Wednesday January 30, 2019 BREAKFAST: Egg, Ham & Cheese Bake (1/2c) Pineapple (1/2c) LUNCH: Mini Corn Dogs (5) or Chicken Fried Steak 1) Mashed Potatoes (1/2c) or Rice (1/2c) Green Beans (1/2c) Pineapple (1/2c) Pudding Cup (1 each)</p>	<p>Thursday January 31, 2019 BREAKFAST: Yogurt (1each) Peaches (1/2 c) LUNCH: Subs Lunch Meat (1oz; 1.5 oz) Cheese Slices (.5 oz / 1 oz) Scallop Potatoes (1/2 c) Cream Corn (1/4 c/1/2c) Lettuce/Tomato (1/4 C) Peaches (1/2 C)</p>	<p>Friday February 1, 2019 BREAKFAST: Pancakes (2each) Applesauce (1/2 c) LUNCH: Fish sticks (4each) or Rib Patty (2oz) Buttered Noodles (1/2c / 3/4c) Mixed Veggies (1/4c/1/2c) Cabbage Salad (1/4c) Fresh Veggie Tray (1/2 c) Applesauce (1/2 c)</p>

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.