

JANUARY MENU 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGES
				1 NEW YEAR'S HOLIDAY NO SCHOOL	
4 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Corn Dog or Chicken Nuggets Macaroni & Cheese <u>Healthy Choices</u> Fresh Baby carrots Sliced Pears Applesauce Choice of Milk	5 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk LUNCH Chicken Alfredo or Pizza Stick or Uncrustable Bread Stick <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk	6 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH ENCHILADAS*** or Chicken Burger Fruit and Grain Bar <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Fresh Orange Wedges Choice of Milk	7 BREAKFAST Pancakes/syrup or Cold Cereal Toasted Peanut Butter Bun Fresh Apple Wedges Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread Candy Chip Cookie <u>Healthy Choices</u> Tossed Salad Ranch Dressing Green Beans Mandarin Oranges Blueberries and Strawberries Choice of Milk	8 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Chicken strips or Teriyaki Beef Bites Mashed Potatoes/Brown Gravy <u>Healthy Choices</u> Fresh Veggies Fresh Apple Pineapple Tidbits Choice of Milk	WEEK 2: 4-8 BREAKFAST CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211 LUNCH CALORIES 750 CARBOHYDRATES 62.33% PROTEIN 15.32% TOTAL FAT 22.46% SATURATED FAT 7.65% CALCIUM (mg) 583.70 IRON (mg) 4.46 VIT C (mg) 30.23 VIT A (RE) 337
11 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Taco Salad or Corn Dog Fruit Snacks <u>Healthy Choices</u> Applesauce Yellow Sweet Corn Fresh Oranges Wedges Choice of Milk 1 HOUR EARLY RELEASE PLC	12 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Applesauce Muffin Top Sliced Peaches Choice of Milk LUNCH Cheesy Dippers or Crispito™ Chicken Rice <u>Healthy Choices</u> Tossed Salad Ranch dressing Fresh Baby carrots Sliced Peaches Choice of Milk	13 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH Hot Dog or Cheeseburger on Whole Grain Bun Baked Fries <u>Healthy Choices</u> Salad Lettuce Green Beans Mandarin Oranges Choice of Milk	14 BREAKFAST Combo Bar or Cold Cereal Toasted Cinnamon Butter Bun Fresh Apple Wedges Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread String Cheese Pudding Cup <u>Healthy Choices</u> Tossed Salad Ranch Dressing Pineapple Tidbits Fresh Broccoli & Cauliflower Choice of Milk	15 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk ½ DAY RELEASE NO LUNCH TODAY	WEEK 3: 11-15 BREAKFAST CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211 LUNCH CALORIES 648 CARBOHYDRATES 63.75% PROTEIN 14.76% TOTAL FAT 21.22% SATURATED FAT 8.34% CALCIUM (mg) 558.5 IRON (mg) 3.88 VIT C (mg) 49.55 VIT A (RE) 364

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>18</p> <p style="text-align: center;">NO SCHOOL MARTIN LUTHER KING JR. DAY</p>	<p>19 BREAKFAST Pop Tart or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk</p> <p style="text-align: center;">LUNCH Soft Taco or Chicken Nuggets Fruit Snacks <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Sliced Pears Choice of Milk</p>	<p>20 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk</p> <p style="text-align: center;">LUNCH Crispito™ or Mini Corn Dogs Mashed Potatoes/Chicken Gravy <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches</p>	<p>21 BREAKFAST Pancakes w/ Syrup or Cold Cereal Toasted Peanut Butter Bun Fresh Apple Wedges Choice of Milk</p> <p style="text-align: center;">LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread Fruit and Grain Bar <u>Healthy Choices</u> Tossed Salad Ranch Dressing Fresh Baby carrots Mandarin oranges Choice of Milk</p>	<p>22 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH Chef Boy Ar Dee Mini Ravioli or Chicken Strips Candy Chip Cookie <u>Healthy Choices</u> Pineapple Sliced Apricots Hot Mixed Vegetables Cheese Sauce Choice of Milk</p>	<p style="text-align: center;">WEEK 3: 18-22 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 800 CARBOHYDRATES 55.46% PROTEIN 14.45% TOTAL FAT 30.42% SATURATED FAT 10.18% CALCIUM (mg) 583.5 IRON (mg) 4.20 VIT C (mg) 19.36</p>
<p>25 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH Southern Style Chicken Drumsticks or Hot Dog Tater Tots <u>Healthy Choices</u> Applesauce Pineapple Sliced Pears Choice of Milk</p>	<p>26 BREAKFAST Egg & Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk</p> <p style="text-align: center;">LUNCH Nachos or Chicken Burger on Whole Grain Bun Peanut Butter Candy <u>Healthy Choices</u> Tossed Salad Ranch Dressing Baby Carrots PEANUTS Sliced Peaches Choice of Milk</p>	<p>27 BREAKFAST Sausage & Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk</p> <p style="text-align: center;">LUNCH Grilled Chicken Wrap or Burrito or Uncrustables Baked Chips <u>Healthy Choices</u> Shredded Lettuce Chicken Rice Mandarin Oranges Choice of Milk</p>	<p>28 BREAKFAST Combo Bar or Cold Cereal Toasted Cinnamon Butter Bun Fresh Apple Wedges Choice of Milk</p> <p style="text-align: center;">LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread Jello Cup <u>Healthy Choices</u> Tossed Salad Ranch Dressing Pineapple Tidbits Fresh Broccoli & Cauliflower Choice of Milk</p>	<p>29 BREAKFAST Ham & Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk</p> <p style="text-align: center;">LUNCH Spaghetti Sauce with Noodles or Teriyaki Beef Bites Sugar cookie <u>Healthy Choices</u> Peas Fruit Cocktail Fresh Apple Slices Choice of Milk</p>	<p style="text-align: center;">WEEK 3: 11-15 BREAKFAST</p> <p>CALORIES 623 CARBOHYDRATES 62.54% PROTEIN 12.87% TOTAL FAT 25.30% SATURATED FAT 9.10% CALCIUM (mg) 443.9 IRON (mg) 3.86 VIT C (mg) 64.54 VIT A (RE) 211</p> <p style="text-align: center;">LUNCH</p> <p>CALORIES 742 CARBOHYDRATES 60.58% PROTEIN 15.66% TOTAL FAT 23.11% SATURATED FAT 7.58% CALCIUM (mg) 547.5 IRON (mg) 4.86 VIT C (mg) 38.24 VIT A (RE) 533</p>