

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 Papa Gino's Garden Salad Broccoli, Fruit	3 Chicken Nuggets, Corn, Cranberry Sauce, Wheat Bread, Fruit	4 Fish Sticks, Baked Oven Fries, Peas, Fruit
7 Chicken Fajitas/w Wheat Wrap Rice, Cheese, Lettuce, Salsa, Fruit	8 Hamburger, Cheeseburger, w/ Wheat Roll, Corn, Baked Beans, Fruit	9 Turkey or Tuna Sandwich Baked Oven Fries, Fruit	10 Pasta w/meatballs, Green Beans, Wheat Roll, Fruit	7 French Toast, Turkey Chunks, Carrots, Syrup, Fruit
14 Meatball Subs, Cape Cod Chips, Corn, Fruit	15 Egg & Cheese on English Muffin, Diced Potatoes, Carrots, Fruit	16 Papa Gino's Garden Salad Broccoli, Fruit	17 Baked Macaroni & Cheese, Peas, Wheat Roll, Fruit	18 Hot Dog w/Wheat Roll, Baked Beans, Baked Oven Fries, Fruit
21 NO SCHOOL	22 Pancakes, Sausage, Carrots, Syrup, Fruit	23 Chicken Nuggets, Corn, Cranberry Sauce, Wheat Roll, Fruit	24 Grilled Cheese or Tuna Sandwich, Soup w/crackers, Fruit	25 Pizza Garden Salad Broccoli, Fruit
28 Hot Dog/w Wheat Roll, Oven Baked Fries, Baked Beans, Carrots, Fruit	29 Ravioli w/ Sauce, Green Beans, Wheat Roll, Fruit	30 Papa Gino's Garden Salad Broccoli, Fruit	31 <b>Grilled Chicken Patty w/ Wheat Roll, lettuce, Tomato, Corn, Fruit</b>	Feb. 1 NO LUNCH

- **Please inform us if your child has a food allergy before placing your order.**
- All meals include skim or 1% milk or low fat flavored milk.
- All bread is whole grain or whole wheat bread.
- All cheese for sandwiches are low fat.
- Always available – Grilled Cheese Sandwich or Peanut Butter and Jelly Sandwich

## Serving Sizes

- Fruit – ½ Cup
- Grains – 1 – 2 oz.
- Condiments – 1 – 2 Tbsp.

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