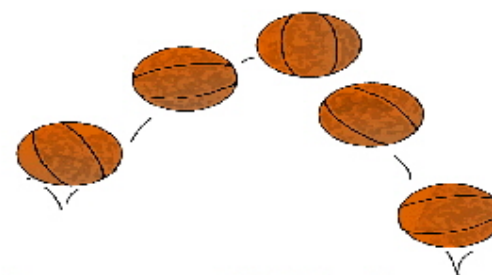




January

LUNCH



Monday	Tuesday	Wednesday	Thursday	Nutrients
8 Winter Break	9 Calzone Tossed Salad FRUIT Milk Variety	10 Lo Mein Eggroll Fortune Cookie FRUIT Milk Variety	11 Macaroni & Cheese BROCCOLI FRUIT Milk Variety	Cal 381 T.Fat 15.41 G S.Fat 6.0 G Chol 29.3 Mg Sodm 471.73 Mg Carb 43.02 G Fiber 3.7 G Prin 18.82 G Iron 2.29 Mg Calc 419.56 Mg Vit A 6.24 RE
15 Chicken Patty/Bun CORN FRUIT Milk Variety	16 Orange Chicken Rice Bowl BROCCOLI FRUIT Milk Variety	17 Pulled Pork Sandwich Oven Fries Pickles FRUIT Milk Variety	18 CHICKEN ALFREDO Garlic Toast Green Beans Apple Milk Variety	Cal 540 T.Fat 21.58 G S.Fat 9.3 G Chol 58.5 Mg Sodm 1052.50 Mg Carb 67.99 G Fiber 6.8 G Prin 20.83 G Iron 4.14 Mg Calc 428.28 Mg Vit A 13.61 RE
22 Pasta & Meat Sauce Garlic Toast FRUIT Milk Variety	23 Frito Pie CORN FRUIT Milk Variety	24 Tomato Soup Bread Sticks FRUIT Milk Variety	25 Sloppy Joe on a Roll Oven Fries Pickles FRUIT Milk Variety	Cal 600 T.Fat 18.01 G S.Fat 7.0 G Chol 57.7 Mg Sodm 1133.19 Mg Carb 81.79 G Fiber 7.7 G Prin 30.61 G Iron 5.08 Mg Calc 369.40 Mg Vit A 15.02 RE
29 Chili Cornbread BROCCOLI FRUIT Milk Variety	30 Pizza BROCCOLI FRUIT Milk Variety	31 Baked Potato Toppings 3 oz. Oat Wheat Roll FRUIT Milk Variety		Cal 423 T.Fat 18.11 G S.Fat 7.2 G Chol 61.8 Mg Sodm 709.73 Mg Carb 44.04 G Fiber 7.4 G Prin 24.38 G Iron 4.21 Mg Calc 399.06 Mg Vit A 7.50 RE