

January LUNCH



Monday	Tuesday	Wednesday	Thursday	Nutrients
2 NO SCHOOL	3 Chicken Patty/Bun CORN FRUIT Milk Variety	4 Bread Sticks Tomato Soup String Cheese Milk Variety	5 Hamburger on a Bun CORN FRUIT Milk Variety	Cal 517 T.Fat 18.83 G S.Fat 6.9 G Chol 53.0 Mg Sodm 943.34 Mg Carb 62.49 G Fiber 4.4 G Prin 26.63 G
9 CHICKEN ALFREDO Garlic Toast Tossed Salad Apple Milk Variety	10 Chicken Gumbo Over Rice Green Beans FRUIT Milk Variety	11 Chili Cornbread BROCCOLI FRUIT Milk Variety	12 Hamburger on a Bun Green Beans FRUIT Milk Variety	Cal 716 T.Fat 27.08 G S.Fat 12.5 G Chol 107.1 Mg Sodm 1190.23 Mg Carb 79.56 G Fiber 8.4 G Prin 40.32 G Iron 5.65 Mg
16 Lo Mein Eggroll Fortune Cookie FRUIT Milk Variety	17 Roasted Chicken Stuffing MIXED VEGETABLES FRUIT Milk Variety	18 Macaroni & Cheese BROCCOLI FRUIT Milk Variety	19 Burrito Salsa Green Beans Peaches Milk Variety	Cal 418 T.Fat 11.40 G S.Fat 4.9 G Chol 29.2 Mg Sodm 909.50 Mg Carb 59.37 G Fiber 8.7 G Prin 21.07 G Iron 3.68 Mg
23 Corn Dog Catsup Baked Beans FRUIT	24 Chicken Enchilada Tossed Salad FRUIT Milk Variety	25 Frito Pie CORN FRUIT Milk Variety	26 Hot Dog/Bun TASTY TOTS FRUIT Milk Variety	Cal 416 T.Fat 12.10 G S.Fat 3.9 G Chol 35.4 Mg Sodm 838.91 Mg Carb 62.54 G Fiber 7.0 G Prin 18.15 G
30 Baked Potato Toppings 3 oz. Oat Wheat Roll FRUIT Milk Variety	31 CHICKEN ALFREDO Garlic Toast Tossed Salad Apple Milk Variety	<i>This institution is an equal opportunity provider</i>		Cal 733 T.Fat 40.40 G S.Fat 20.5 G Chol 118.5 Mg Sodm 1837.96 Mg Carb 65.31 G Fiber 5.8 G Prin 28.24 G Iron 3.31 Mg