

January

HS => K-12 Satellite Hot Lunch Menu

Fun Facts!

January is National Oatmeal Month!



- * Oatmeal dates back to 7000BC!
- * 75% of all Americans eat oatmeal!



* Oatmeal helps prevent heart

DAILY BREAKFAST CHOICES

Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast. Must choose at least 1: Fruit or Juice. May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

Choose 1: Entrée. Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal) May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>School Resumes Monday, January 8, 2018</p>	<p>School Resumes Monday, January 8, 2018</p>	<p><i>All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally weather, crops and supplies have other ideas!</i></p>		<p>Radish</p>
8	9	10	11	12
Chicken Sandwich Edamame Blend Fresh Veggie Dippers Canned Fruit	Pepperoni Stuffed Sandwich Oven Baked Beans Romaine Side Salad Fresh Fruit	Chicken Nuggets Sweet Potato Waffle Fries OR Glazed Sweet Potatoes Sliced Cucumbers w/ Dip 100% Fruit Juice	Teriyaki Beef Dippers w/ Rice & Roll Steamed Broccoli Leafy Green Side Salad Canned Fruit	Chicken & Waffle Corn Niblets Fresh Baby Carrots w/ Dip Fresh Fruit
15	16	17	18	19
NO SCHOOL MLK Jr. DAY	Chicken Drumstick Hush Puppies Oven Baked Beans Romaine Side Salad Fresh Fruit	Chicken Nuggets Cooked Sliced Carrots Sliced Cucumbers w/ Dip 100% Fruit Juice	Pizza Crunchers Corn Niblets Leafy Green Side Salad Canned Fruit	Chicken Tender Basket w/ Onion Rings Spinach Or Collard Greens Fresh Baby Carrots w/ Dip Fresh Fruit
22	23	24	25	26
Rib-B-Q Sandwich Oven Crinkle Fries Fresh Veggie Dippers Canned Fruit	Corn Dog Sliced Carrots Romaine Side Salad Fresh Fruit	BBQ or Herb Roasted Chicken w/ Roll Mashed Potatoes w/ Gravy Sliced Cucumbers w/ Dip 100% Fruit Juice	Beef or Pork Tacos Fiesta Beans Leafy Green Side Salad Canned Fruit	Chicken-Broccoli Penne Alfredo w/ Breadstick Steamed Broccoli Fresh Baby Carrots w/ Dip Fresh Fruit
29	30	31		<p>Visit nutrislice.com for Menu & Nutrition Information. You can also download the app on your mobile device!</p>
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