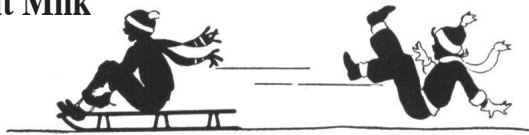


Lunch Includes:

- *Main or Alternate Entree
- *Choice of Vegetable Side
- *Choice of Fruit Side
- *1/2 Pint Milk



January, 2019

Monthly Menu
Price Per Lunch \$2.75



If writing a check, please make payable to: DOC Nutrition Services

Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Happy New Year!</h2>		Pasta with Meat Sauce & Garlic Toast 2 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 3 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	Mac & Cheese with Pretzel Rod 4 or A) Cheesy Garlic Flatbread Carrot Sticks with Dip Mixed Fruit or Seasonal Fresh Fruit
Salisbury Steak with Gravy & a Roll 7 or A) Chicken Nuggets with a Roll Mashed Potatoes Applesauce Cup or Seasonal Fresh Fruit Cookie Treat	Roasted Chicken with Corn Muffin 8 or A) Corn Dog Carrots or Tossed Garden Salad Frozen Juice Cup	Personal Pepperoni Pizza 9 or A) Chicken Patty on a Bun Corn Pears or Seasonal Fresh Fruit	Chicken Tenders 10 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Apple Slices	Mozzarella Sticks with Dipping Sauce 11 or A) Cheese Pizza Slice Broccoli Strawberry Cup or Seasonal Fresh Fruit Cookie Treat
Cheese Quesadilla with Salsa 14 or A) Chicken Nuggets with a Roll Carrots Peaches or Seasonal Fresh Fruit	Beef Nachos 15 (Taco Meat & Cheese Sauce over Tostitos Chips with optional Salsa and Black Beans) or A) Hot Dog on a Bun Corn or Tossed Garden Salad 100% Fruit Juice	Meatball Sub 16 or A) Popcorn Chicken with a Roll Potato Wedges Applesauce or Seasonal Fresh Fruit Cookie Treat	Crispy Oven Fried Chicken Drumstick with a Roll 17 or A) Hamburger or Cheeseburger on a Bun Roasted Potatoes or Tossed Garden Salad Mixed Fruit	Grilled Cheese Sandwich 18 or A) Cheesy Garlic Flatbread Green Beans Fruit Yogurt Parfait or Seasonal Fresh Fruit Cheetos Treat
21	Walking Taco 22 (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice Cookie Treat	Salisbury Steak with Gravy & a Breadstick 23 or A) Chicken Patty on a Bun Mashed Potatoes Applesauce or Seasonal Fresh Fruit	Popcorn Chicken with Rice 24 (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mixed Fruit Cheetos Treat	Cheese Stuffed Breadsticks with Marinara Dipping Sauce 25 or A) Cheese Pizza Slice Carrot Sticks with Dip Pears or Seasonal Fresh Fruit
Catholic Schools Week January 27th - February 2nd				
Cheeseburger Sliders 28 or A) Chicken Nuggets with a Roll French Fries Peaches or Seasonal Fresh Fruit	Fiestada Pizza 29 or A) Hot Dog on a Bun Corn or Tossed Garden Salad Frozen Juice Cup	Pasta with Meat Sauce & Garlic Toast 30 or A) Popcorn Chicken with Garlic Toast Green Beans Apple Slices or Seasonal Fresh Fruit	Honey BBQ Riblets with a Breadstick 31 or A) Hamburger or Cheeseburger on a Bun Baked Beans or Tossed Garden Salad Sunshine Smoothie	

*Please note that regulations require that at least one vegetable or fruit side be chosen with each lunch. Look on reverse side for fun and learning with Chef Louie

SUBSTITUTION OF ITEMS MAY BE NECESSARY

This institution is an equal opportunity provider.