

January 2018 ~ Lunch Menu

<p>Menu Subject to Change</p> <p>We try to have all choices available to all students at all times. However, there may be occasions when choices may be limited.</p>	<p>Regular Lunch Price \$3.75</p> <p>Reduced Lunch Price \$0.40</p> <p>Available Every Day: Peanut Butter & Jelly or American Cheese Sandwich</p>
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Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day School Closed	2 Choice 1 Chicken Nuggets/WW Bread BBQ Sauce Dip Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Green Beans ½ cup Sweet Potatoes	3 Choice 1 Hamburger/Cheeseburger WW Bun Choice 2 Ham & Cheese Melt on WW Choice 3 Turkey & Cheese Hero ½ cup Baked Beans ½ cup Green Beans	4 Choice 1 Cheese or Pepperoni Pizza Choice 2 Hot Dog on WW Bun Choice 3 Turkey & Cheese Hero 1 cup Romaine Salad ½ cup carrots	5 Choice 1 Italian Dunker's ½ cup Marinara Dip Choice 2 Grilled Cheese Sandwich Choice 3 Italian Combo WW Hero ½ cup Italian Mixed Vegetables
8 Choice 1 Chicken Patty w/WW Bun Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Sweet Potato Fries ½ cup Baked Beans	9 Choice 1 French Toast Sticks or Pancakes with Sausage Choice 2 Grilled Cheese on WW Bread Choice 3 Turkey & Cheese Hero ½ cup Romaine Salad, ½ cup Puffs	10 Choice 1 Cheese or Pepperoni Pizza Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Broccoli ½ cup Carrots	11 Choice 1 Breaded Mozzarella Sticks ½ cup Marinara Dip Choice 2 Grilled Cheese Sandwich Choice 3 Italian Combo WW Hero ½ cup Corn	12 Choice 1 Lasagna Roll-up, WW Fr Bread Choice 2 Hot Dog on WW Bun Choice 3 Tuna & Cheese on WW ½ cup Mixed Vegetables
15 Martin Luther King School Closed	16 Choice 1 Hamburger/Cheeseburger WW Bun Choice 2 Chicken Wrap WW Wrap Choice 3 Tuna Salad WW Roll ½ cup Oven Fries ½ cup Broccoli	17 Choice 1 Cheese or Pepperoni Pizza Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Broccoli ½ cup Carrots	18 Choice 1 Roast Chicken & Gravy Choice 2 Chicken Wrap WW Wrap Choice 3 Tuna Salad WW Roll ½ cup Whipped Potatoes ½ cup Yams	19 Choice 1 Chicken Taco (Soft WG Shell) Shredded Cheese, Romaine & Tomato, ½ cup Brown Rice Choice 2 Grilled Cheese Sandwich Choice 3 Italian Combo WW Hero ½ cup Black Beans
22 Choice 1 Italian Dunker's ½ cup Marinara Dip Choice 2 Grilled Cheese Sandwich Choice 3 Italian Combo WW Hero ½ cup Broccoli	23 Choice 1 Chicken Patty WW Bun Choice 2 Ham & Cheese Melt WW Bun Choice 3 Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Sweet Potato Fries	24 Choice 1 French Toast Sticks/Syrup Breakfast Link Sausage Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Potato Puffs ½ cup Orange or Apple Juice	25 Choice 1 Lasagna Roll-up, WW Fr Bread Choice 2 Hot Dog on WW Bun Choice 3 Tuna & Cheese on WW ½ cup Carrots	26 Choice 1 Nacho Chips & Taco Meat, Shredded Cheese, Romaine & Tomato ½ cup Brown Rice Choice 2 Grilled Cheese Sandwich Choice 3 Italian Combo WW Hero ½ cup Black Beans, ½ Cup Corn
29 Choice 1 French Toast Sticks/Syrup Breakfast Link Sausage Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Potato Puffs ½ cup Orange or Apple Juice	30 Choice 1 Chicken Nuggets/WW Bread BBQ Sauce Dip Choice 2 Yogurt, Cheese, WW Roll Choice 3 Turkey & Cheese Hero ½ cup Green Beans ½ cup Sweet Potatoes	31 Choice 1 Hamburger/Cheeseburger WW Bun Choice 2 Ham & Cheese Melt on WW Choice 3 Turkey & Cheese Hero ½ cup Baked Beans ½ cup Green Beans	<p>All Meals include ½ cup fruit, minimum of 1 ounce whole grain food and 8 ounces of milk either 1% or fat free milk</p>	

Montague Township School District