

# January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>BREAKFAST IS SERVED WITH JUICE AND MILK</i></p> <p><i>LUNCH IS SERVED WITH MILK</i></p>	1 <b>No School</b>	2 <b>No School</b>	3 Yogurt Granola Bar/Fruit  Cheese Omelet Seasoned Potatoes Sugar Snap Peas WG Muffin Orange Juice	4 WG Mini Pancakes Fruit  Hot Dog/WG Bun Creamy Cole Slaw Baby Carrots Apple Sauce	5 WG Long John Fruit  WG Cheese Pizza Baby Carrots Garden Salad Banana	6
	7	8 WG Cereal/WG Toast Fruit  WG Chicken Parmesan Garden Salad Baby Carrots Diced Pears WG Garlic Bread	9 Cheese Omelet WG Toast/Fruit  WG Crispito Tortilla Chips Tomato Salsa Corn w/Peppers Pineapple	10 WG Muffin Yogurt/Fruit  Breaded Pork/WG Bun Fresh Broccoli Baked Beans Diced Peaches	11 WG Mini Waffles Fruit  Ham & Cheese Sub WG Sun Chips Baby Carrots Tossed Salad Mixed Fruit	12 WG Mini Cinni Fruit  Hamburger/WG Bun WG Onion Rings Green Beans Apple Slices
14	15 <b>No School</b>	16 WG Cereal/WG Toast Fruit  WG Chicken Quesadilla Tossed Salad Red & Green Pepper Strips Diced Pears	17 Nutri Grain Bar Yogurt/Fruit  Popcorn Chicken Celery Sticks Sweet Potato Puffs Apple Slices	18 WG Breakfast Wrap Fruit  Turkey over Mashed Potatoes Baby Carrots Fruit Choice WG Dinner Roll	19 WG Bagel w/Cream Cheese Fruit  WG Pepperoni Pizza Broccoli & Cheese Garden Salad Banana	20
21	22 WG Cereal/WG Toast Fruit  Pork Rib/WG Bun Baked Beans Seasoned Wedges Diced Peaches	23 WG Breakfast Pizza Fruit  Taco Salad WG Tortilla Chips Diced Tomatoes Dark Green Leaf Lettuce Mixed Fruit	24 WG Cinnamon Toast Yogurt/Fruit  Italian Chicken & Cheese Wrap Mixed Greens Salad Baby Carrots Pineapple	25 WG French Toast Sticks Fruit  Chili WG Corn Bread Muffin Celery Sticks Apple Salad	26 WG Muffin/String Cheese Fruit  WG Cheese Sticks Marinara Sauce Tossed Salad Fresh Broccoli Fruit Choice	27
28	29 WG Cereal/WG Toast Fruit  Grilled Chicken Sandwich Baby Carrots Cucumber Slices Mandarin Oranges	30 WG Pancake Wrap Fruit  Beef & Bean Burrito Tomato Salsa Refried Beans Tex Mex Salad Diced Pears	31 WG Granola Bar Yogurt/Fruit  WG Macaroni & Cheese Seasoned Peas Garden Salad Applesauce			
						<p><b>**United Community School is an Equal Opportunity Provider**</b></p>

**Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich**