

# 9-12 Lunch SY 18-19

## January 2019

Mon	Tue	Wed	Thu	Fri
<p><b>31</b> Winter Break</p>	<p><b>1</b> Winter Break</p>	<p><b>2</b> Winter Break</p>	<p><b>3</b> BBQ Chicken Salad Bar 9-12 Caesar Salad Fresh Apples Black Beans and Rice Roll, Wheat 1% Milk Nonfat Chocolate Milk</p>	<p><b>4</b> Cheese Ravioli Caesar Salad Zucchini Slices, Cooked from Fresh (1/2 cup) Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk</p>
<p><b>7</b> Corn Dog Caesar Salad Salad Bar 9-12 Tater Tots Fresh Apples 1% Milk Nonfat Chocolate Milk</p>	<p><b>8</b> Chicken Noodle Soup Turkey Sandwich Caesar Salad Salad Bar 9-12 Fresh Apples Cheese Toast 1% Milk Nonfat Chocolate Milk</p>	<p><b>9</b> Pizza Cheese Pretzel Caesar Salad Salad Bar 9-12 Marinara Sauce Dipping Cup Fresh Apples 1% Milk Nonfat Chocolate Milk</p>	<p><b>10</b> Hamburger Caesar Salad Salad Bar 9-12 Potato Wedges Fresh Apples 1% Milk Nonfat Chocolate Milk</p>	<p><b>11</b> Chicken Alfredo Caesar Salad Broccoli, Cooked Fresh Apples Breadstick 1% Milk Nonfat Chocolate Milk</p>
<p><b>14</b> Bean and Cheese Nacho Burrito Caesar Salad Salad Bar 9-12 Fresh Apples Spanish Rice Tortilla Chip 1% Milk Nonfat Chocolate Milk</p>	<p><b>15</b> Baked Salmon Ham Caesar Salad Salad Bar 9-12 Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk</p>	<p><b>16</b> Pizza Cheese Pretzel Caesar Salad Salad Bar 9-12 Marinara Sauce Dipping Cup Fresh Apples 1% Milk Nonfat Chocolate Milk</p>	<p><b>17</b> Sloppy Joe on a Roll Caesar Salad Salad Bar 9-12 Potato Wedges Fresh Apples 1% Milk Nonfat Chocolate Milk</p>	<p><b>18</b> WG Macaroni and Cheese Ham Caesar Salad Broccoli, Cooked Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk</p>
<p><b>21</b> MLK Jr. Day</p>	<p><b>22</b> Treaty Day</p>	<p><b>23</b> Pizza Cheese Pretzel Caesar Salad Salad Bar 9-12 Fresh Apples 1% Milk Nonfat Chocolate Milk</p>	<p><b>24</b> Chicken Burger Caesar Salad Salad Bar 9-12 Fresh Apples Tortilla Chip 1% Milk Nonfat Chocolate Milk</p>	<p><b>25</b> Spaghetti and Meat Sauce Caesar Salad Salad Bar 9-12 Cauliflower Florets, Cooked from Fresh (1/2 cup) Fresh Apples Roll, Wheat 1% Milk Nonfat Chocolate Milk</p>

28

Sweet & Sour Chicken  
Caesar Salad  
Salad Bar 9-12  
Fresh Apples  
Long Grain Brown Rice, 1/2 c.  
1% Milk  
Nonfat Chocolate Milk

29

Taco Bowl  
Caesar Salad  
Salad Bar 9-12  
Refried Beans, Cooked from  
Canned (1/2 cup)  
Fresh Apples  
Medium Grain Rice B-03  
1% Milk  
Nonfat Chocolate Milk

30

Semester Workday

31

Chicken Strips  
Caesar Salad  
Salad Bar 9-12  
Mashed Potatoes  
Fresh Apples  
Roll, Wheat  
1% Milk  
Nonfat Chocolate Milk

1

Chile con Carne with Beans  
Macaroni & Cheese  
Caesar Salad  
Salad Bar 9-12  
Fresh Apples  
Combread, WG  
Roll, Wheat  
1% Milk  
Nonfat Chocolate Milk

This institution is an equal opportunity provider.

Copyright © 2019 Health-e Pro

Warning: the data contained within this report cannot be used for and does not provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy. Use of the services to provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy is a violation of the terms of this service. Any subscriber planning for or treating medical conditions, dietary restrictions or a food allergy must consult a medical professional for assistance. Trans fat values are provided for information purposes only, not for monitoring purposes.

# LNS Breakfast 2018/19

January 2019

Mon	Tue	Wed	Thu	Fri
<b>31</b> NO SCHOOL - Winter Break	<b>1</b> NO SCHOOL - Winter Break	<b>2</b> NO SCHOOL - Winter Break	<b>3</b> Applesauce Smoothie, Watermelon/Raspberry Pancake, Whole Wheat & Honey 1% Milk Nonfat Chocolate Milk	<b>4</b> Biscuits & Gravy Fresh Apples Orange Juice 1% Milk Nonfat Chocolate Milk
<b>7</b> French Toast Applesauce Fresh Oranges 1% Milk Nonfat Chocolate Milk	<b>8</b> Yogurt, Greek, ZOI Mixed Berries Smoothie, Strawberry/Banana, Bagel, whole grain 1% Milk Nonfat Chocolate Milk	<b>9</b> Scrambled Eggs w/Cheese Fresh Apples Fresh Oranges Toast 1% Milk Nonfat Chocolate Milk	<b>10</b> Croissant w/Egg Strawberries Banana Waffle, Whole Grain 1% Milk Nonfat Chocolate Milk	<b>11</b> Country Potato Bowl w/ Scrambled Eggs Fresh Apples Orange Juice Whole Wheat Toast 1% Milk Nonfat Chocolate Milk
<b>14</b> Croissant w/Egg Applesauce Smoothie, Strawberry/Banana, Pancake, Whole Wheat & Honey 1% Milk Nonfat Chocolate Milk	<b>15</b> Yogurt, Greek, ZOI Mixed Berries Fresh Apples Cereal, Frosted Flakes 1% Milk Nonfat Chocolate Milk	<b>16</b> Breakfast Burrito w/Chorizo, Egg & Cheese Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	<b>17</b> French Toast Croissant w/Egg Banana Fresh Apples 1% Milk Nonfat Chocolate Milk	<b>18</b> Biscuits & Gravy Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk
<b>21</b> NO SCHOOL	<b>22</b> NO SCHOOL	<b>23</b> Croissant w/Egg Yogurt, Fat Free, 4oz, Lactose Free Fresh Apples Fresh Oranges Cereal, Frosted Flakes 1% Milk Nonfat Chocolate Milk	<b>24</b> Pancake on a Stick Croissant w/Egg Banana Smoothie, Strawberry/Banana, 1% Milk Nonfat Chocolate Milk	<b>25</b> Croissant w/ Egg Frozen Sliced Strawberries, Sweetened (1/2 cup) Orange Juice Waffle, Whole Grain 1% Milk Nonfat Chocolate Milk
<b>28</b> French Toast Croissant w/ Egg Applesauce Fresh Apples Fresh Oranges 1% Milk Nonfat Chocolate Milk	<b>29</b> Yogurt, Greek, ZOI Mixed Berries Fresh Apples Toast, 12 grain 1% Milk Nonfat Chocolate Milk	<b>30</b> NO SCHOOL	<b>31</b> Croissant w/Egg Strawberries Smoothie, Watermelon/Raspberry Waffle Sticks, Whole Grain 1% Milk Nonfat Chocolate Milk	<b>1</b> 1% Milk Nonfat Chocolate Milk

This institution is an equal opportunity provider.

Copyright © 2019 Health-e Pro

Warning: the data contained within this report cannot be used for and does not provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy. Use of the services to provide menu planning or medical treatment for anyone with a medical condition, dietary restriction or food allergy is a violation of the terms of this service. Any subscriber planning for or treating medical conditions, dietary restrictions or a food allergy must consult a medical professional for assistance. Trans fat values are provided for information purposes only, not for monitoring purposes.