







TEAYS VALLEY ELEMENTARY

JANUARY 2019



| <i>MONDAY</i> | <i>TUESDAY</i> | <i>WEDNESDAY</i> | <i>THURSDAY</i> | <i>FRIDAY</i> |
|---|---|---|---|---|
| 31-Dec | 1-Jan | 2-Jan | 3-Jan | 4-Jan |
|  |  |  | PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE CUP COOKIE MILK | CHICKEN NUGGETS OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-MIXED FRUIT WG DINNER ROLL MILK |
| 7-Jan | 8-Jan | 9-Jan | 10-Jan | 11-Jan |
| MNI PANCAKES CHEESY SCRAMBLED EGGS HASHBROWN ROUNDS VEGGIES AND DIP FRESH FRUIT-JUICE CHOICE MILK | GRILLED CHEESE CHICKEN NOODLE SOUP GREEN BEANS CELERY STICKS / DIP FRUIT CHOICE- PEACH CUP MILK | PIZZA VERY GREEN SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK | CRISPY CHICKEN SANDWICH OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-PEAR CUP SCOOPY SNACKS MILK | HAM/CHEESE OR PIZZA POCKET MIXED VEGETABLES CUCUMBERS - DIP FRESH FRUIT-STRAWBERRY CUP ICE CREAM MILK |
| 14-Jan | 15-Jan | 16-Jan | 17-Jan | 18-Jan |
| HOT DOG BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-PINEAPPLE ICE CREAM CUP MILK | SCRAMBLED EGGS/CHEESE SAUSAGE LINKS HASHBROWN ROUNDS CELERY STICKS / DIP FRESH FRUIT - JUICE CUP CINNAMON ROLL-MILK | PIZZA BROCCOLI/ CHEESE CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK | PASTA / MEAT SAUCE GARDEN SALAD TOMATO/CUCUMBER CUP FRESH FRUIT/ PEACH CUP TWISTED GARLIC BREADSTICK MILK | BOSCO STICKS MARINARA CUP GREEN BEANS MIXED VEGETABLES FRESH FRUIT-PEAR CUP RICE KRISPIE TREAT-MILK |
| 21-Jan | 22-Jan | 23-Jan | 24-Jan | 25-Jan |
|  NO SCHOOL | HAMBURGER ON BUN BAKED FRIES BAKED BEANS FRESH FRUIT-MIXED FRUIT CUP PICKLES MILK | PIZZA VERY GREEN SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK | CHICKEN STRIPS CHEESY POTATOES PEAS FRESH FRUIT-PINEAPPLE TWISTED GARLIC BREADSTICK MILK | MAC AND CHEESE GREEN BEANS MIXED VEGETABLES FRESH FRUIT-PEACH CUP YOGURT-WG DINNER ROLL MILK |
| 28-Jan | 29-Jan | 30-Jan | 31-Jan | 1-Feb |
| POPCORN CHICKEN SEASONED RICE BROCCOLI/ CHEESE CELERY STICKS-DIP GARLIC BREAK MILK | EGG AND CHEESE OMELET SAUSAGE LINKS HASHBROWN ROUNDS CUCUMBERS-DIP FRESH FRUIT-JUICE CUP CINNAMON BREADSTICK-MILK | PIZZA VERY GREEN SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK | DELI SUB WITH BACON SWEET POTATO TOTS GREEN BEANS FRESH FRUIT-PINEAPPLE TEDDY GRAHAMS MILK | TACO PIZZA BLACK OR REFRIED BEANS CORN FRESH FRUIT- MIXET FRUIT CUP SOUR CREAM-SALSA CUP MILK |
| STUDENT LUNCH...\$2.70 | REDUCED LUNCH.....40 | | EXTRA MILK.....50 | Adult Lunch...\$4.00 |
| BREAKFAST PRICES: | STUDENT BREAKFAST.....\$1.50 | | REDUCED-PRICE BREAKFAST.....\$0.30 | |

MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

NUTRITION NOTES:

TO PROVIDE A VARIETY OF NUTRIENTS AND FIBER IN THE DIET, EAT MORE DARK-GREEN VEGETABLES, ORANGE VEGETABLES, AND DRY BEANS AND PEAS. SOME EXAMPLES ARE BROCCOLI, SPINACH, CARROTS, SWEET POTATOES, AND PUMPKIN AS WELL KIDNEY BEANS, PINTO BEANS, SPLIT PEAS, AND LENTILS. A HEARTY VEGETABLE SOUP COULD INCORPORATE MANY OF THESE COLORFUL AND NUTRITIOUS VEGETABLES TO SERVE UP STEAMING HOT ON A COLD WINTER'S DAY!



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