



TEAYS VALLEY HIGH SCHOOL

JANUARY-2019



CARLA BALLARD-CAFETERIA MANAGER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
			CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
MARTIN LUTHER KING JR DAY				
CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	DONUT CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK	WG POPTART CHEESE STICK 100 % FRUIT JUICE FRUIT CUP MILK	CEREAL WG TOAST 100 % FRUIT JUICE FRUIT CUP MILK
STUDENT LUNCH \$3.00	REDUCED LUNCH.....40		EXTRA MILK.....50	Adult Lunch...\$4.00
BREAKFAST PRICES:	STUDENT BREAKFAST.....\$1.50		REDUCED-PRICE BREAKFAST.....\$.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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