

TEAYS VALLEY HIGH SCHOOL

JANUARY 2019



CARLA BALLARD-CAFETERIA MANAGER

<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 CARRTOS FRESJ FRUIT-PEACH CUP COOKIE MILK	CHICKEN STRIPS OVEN BAKED BEANS BAKED FRIES FRESH FRUIT-PEAR CUP WG DINNER ROLL MILK
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
SAUSAGE GRAVY AND BISCUITS SCRAMBLED EGGS HASHBROWN ROUNDS CELERY STICKS-DIP FRESH FRUIT-JUICE CUP CHEESE STICK-MILK	CHEESE RAVIOLI VERY GREEN SALAD MIXED VEGETABLES FRESH FRUIT-PINEAPPLE GARLIC BREAD MILK	PIZZA GREEN BEANS CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	BONELESS CHICKEN WINGS OVEN BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-PEAR CUP WG DINNER ROLL MILK	DELUXE SUB SANDWICH TRI COLORED PASTA SALAD CUT SWEET CORN FRESH FRUIT-TROPICAL FRUIT BAKED CHIPS MILK
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
CHICKEN STRIPS MASHED POTATOES/GRAVY MIXED VEGETABLES FRESH FRUIT-MANDARIN ORANGES WG DINNER ROLL MILK	GRILLED CHEESE TOMATO SOUP/CRACKERS CUCUMBERS-DIP FRESH FRUIT-PEAR CUP GOLD FISH CRACKERS MILK	PIZZA BROCCOLI C ARRTOES FRESH FRUIT-APPLESAUCE COOKIE MILK	MAPLE MINI PANCAKES CHEESE OMELET POTATOES CELERY / DIP FRESH FRUIT-JUICE CUP CINNAMON GOLDFISH-MILK	TEX MEX PIZZA BLACK BEAN OR REFRIED BEANS CORN FRESH FRUIT-PINEAPPLE SOUR CREAM AND SALSA CUP MILK
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
 NO SCHOOL	CHICKEN STRIPS OVEN BAKED BEANS BAKED FRIES FRESH FRUIT-PEAR CUP WG DINNER ROLL MILK	PIZZA VERY GREEN SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	MAC & CHEESE BAR PEAS MIXED VEGETABLES FRESH FRUIT-PINEAPPLE TWISTED GARLIC BREADSTICK MILK	CRISPY CHICKEN SANDWICHE MASHED POTATOES/GRAVY GREEN BEANS FRESH FRUIT-PEACH CUP GOLDFISH GRAHAMS MILK
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
BOSCO STICKS MARINARA CUP PEAS AND CARROTS CUCUMBERS / DIP FRESH FRUITMIXED BERRY CUP MILK	CHICKEN AND NOODLES MASHED POTATOES GREEN BEANS FRESH FRUIT-PEACH CUP WG DINNER ROLL MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	POPCORN CHICKEN CALIFORNIA BLEND TOMATO CUP/DIP FRESH FRUIT-PINEAPPLE GARLIC BREAD MILK	CHILI OR PLAIN BEEF HOT DOG OVEN BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-MIXED BERRYCUP POPCORN 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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