







TEAYS VALLEY MIDDLE SCHOOL

JANUARY 2019



JILL TEETS-EAST JANNETTE FAUSNAUGH-WEST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
			PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE CUP COOKIE MILK	CHICKEN STRIPS BAKED BEANS OVEN BAKED FRIES FRESH FRUIT-PEACH CUP WG DINNER ROLL MILK
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
CHEESE BURGER / BACON OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-MIXED FRUIT CUP PICKLES MILK	MACARONI AND CHEESE PEAS BROCCOLI FRESH FRUIT-MANDARIN ORANGES TWISTED BREADSTICK MILK	PIZZA CRUNCHY GREEN SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	MAPLE MINI PANCAKES HASHBROWN ROUNDS SAUSAGE CELERY - DIP FRESH FRUIT-JUICE CUP MILK	TEX MEX PIZZA BLACK BEAN OR REFRIED BEANS CORN FRESH FRUIT-PINEAPPLE SOUR CREAM AND SALSA CUP MILK
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
CRISPY CHICKEN DRUMSTICKS MASHED POTATOES / GRAVY MIXED VEGETABLES FRESH FRUIT- PEAR CUP PRETZEL CHEESE STICK MILK	GRILLED CHEESE TOMATO SOUP / CRACKERS CUCUMBERS-DIP FRESH FRUIT-TROPICAL FRUIT GOLDFISH CRACKERS MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	PASTA / MEAT SAUCE GREEN BEANS CAULIFLOWR FRESH FRUIT-PEAR CUP GARLIC BREAD MILK	MINI CORN DOGS OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-APPLESAUCE MINI SOFT PRETZEL MILK
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
 NO SCHOOL	MINI FRENCH TOAST CHEESY OMELET HASHBROWN ROUNDS CELERY - DIP FRESH FRUIT-JUICE CUP GOLDFISH GRAHAMS-MILK	PIZZA CRUNCHY GREEN SALAD CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	DELUXE SUB ON PRETZEL BUN OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-MANDARIN ORANGES ICE CREAM CUP MILK	PIZZA POCKET GREEN BEANS TOMATO/CUCUMBERS/DIP FRESH FRUIT-PEAR CUP SCOOPY SNACKS MILK
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
CHICKEN STRIPS CHEESY POTATOES GREEN BEANS FRESH FRUIT-PINEAPPLE WG DINNER ROLL MILK	BREAKFAST STUFFED BREADSTICKS HASHBROWN ROUNDS CELERY - DIP FRESH FRUIT- JUICE CHOICE GOLDFISH GRAHAMS MILK	PIZZA BROCCOLI CARROTS FRESH FRUIT-APPLESAUCE COOKIE MILK	CRISPY CHICKEN SANDWICH CORN TOSSED SALAD FRESH FRUIT-TROPICAL FRUIT FROZEN TREAT MILK	HOT DOG ON BUN OVEN BAKED FRIES BAKED BEANS FRESH FRUIT-PEARS PUDDING CUP MILK
STUDENT LUNCH...\$2.90	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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