



# JANUARY | 2019

## Springcreek & Washington Primary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 <b>NO SCHOOL</b>	1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 <b>NO SCHOOL</b>	4 <b>NO SCHOOL</b>
7 Coney Dog (2) w/ Cheese (0) Bun (21) Chicken Patty (28) Baked Beans (36) Baby Carrots (12) w/ Ranch (5) Fresh Oranges (21) Applesauce (14)	8 Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Fresh Apple Slices (18) Peaches (14)	9 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Grapes (16) Pears (16)	10 Big Daddy Pizza (35) Pulled Pork Sand. (21) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Strawberries (22) Pineapple (20)	11 Cheese Quesadilla (40) Hot Chicken Sand. (27) Glazed Carrots (16) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
14 Nachos (27) - Taco Meat (3) Cheese Sauce (5) Chips (27) Pulled Pork Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	15 East of Chicago (42) Chicken Fingers (8) w/ Dinner Roll (15) Baby Carrots (12) Cucumbers (0) & Tomato (2) Ranch (5) Fresh Apple Slices (18) Peaches (14)	16 French Toast (27) Sausage Patty ( ) Syrup Cup (29) Sausage, Egg & Cheese Sand (29) Tater Rounds (14) Glazed Carrots (16) Orange Juice (18) Pears (16)	17 Cheese Garlic Bread (30) BBQ Chicken Sand. (25) Green Beans (4) Salad (4) w/ French (6) or Ranch (5) Strawberries (21) Pineapple (20)	18 Hot Ham & Cheese (25) Turkey & Cheese (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Fresh Banana (27) Mandarin Oranges (20)
21 <b>NO SCHOOL</b>	22 Spaghetti (18) w/ BBQ Rib w/ Pickle (25) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14)	23 Cheese Quesadilla (40) Cheeseburger (25) Baby Carrots (12) w/Ranch (5) Peas (11) Grapes (16) Pears (16)	24 Grilled Cheese (31) Chicken Patty (28) Tomato Soup (10) Broccoli (2) Strawberries (21) Pineapple (20)	25 School Pizza (35) Shredded BBQ (34) Glazed Carrots (38) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
28 Mac & Cheese (27) Dinner Roll (15) Fish (21) Potato Wedges (7) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	29 East of Chicago (42) Chicken Fingers (8) w/ Dinner Roll (15) Cucumbers (0) & Tomatoes (2) Baby Carrots (12) w/ Ranch (5) Fresh Apple Slices (18) Peaches (14)	30 Pizza Bob (30) Ravioli (28) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Grapes (16) Pears (16)	31 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Strawberries (21) Pineapple (20)	1 General Tso Chicken (18) w/ Rice (29) Popcorn Chicken (9) w/ Dinner Roll (15) French Fries (7) Steamed Broccoli (2) Fresh Banana (27) Mandarin Oranges (20)

### Fruit & Vegetables

**You MAY take 1  
Fruit choice and 2  
Vegetables with your  
meal  
But it is  
REQUIRED that  
You take at least 1 of one  
or the other  
To count as a  
Reimbursable  
School meal**

**All lunches come  
With low-fat  
Or no fat Milk**

**All grains served  
Are  
Whole grain  
Enriched**

**Milk is ALWAYS .50  
Unless it is with a meal**

**(##) is Carb count**