



# JANUARY | 2019

## Piqua Central Intermediate

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 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14)	9 Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) 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 <b>Nachos</b> - Taco Meat (3) Cheese Sauce (5) Chips (42) Pulled Pork Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	15 Hot Ham & Cheese (25) Turkey & Cheese Sub (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Fresh Apple Slices (18) Peaches (14)	16 East of Chicago (42) Chicken Fingers (8) w/ Dinner Roll (15) California Blend (5) Baby Carrots (12) w/ Ranch (5) Grapes (16) Pears (16)	17 French Toast (23) Sausage Patty (0) Sausage Egg & Cheese Sandwich (24) Tater Rounds (14) Glazed Carrots (16) Strawberries (22) Orange Juice (19)	18 Cheese Garlic Bread (30) BBQ Chicken Sand (25) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Banana (27) Mandarin Oranges (20)
21 <b>NO SCHOOL</b>	22 Spaghetti (34) w/ BBQ Rib w/ Pickle (33) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14)	23 Grilled Cheese (31) Chicken Patty (34) Tomato Soup (20) Steamed Broccoli (2) Grapes (16) Pears (16)	24 Big Daddy Pizza (35) Shredded Pork BBQ (25) Celery (2) w/ Ranch (5) Corn (16) Strawberries (22) Pineapple (20)	25 Cheese Quesadilla (40) Cheeseburger (25) Baby Carrots (12) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20)
28 Mac & Cheese (28) Fish Sticks (22) Goldfish Crackers (14) Potato Wedges (7) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	29 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Apple Slices (18) Peaches (14)	30 East of Chicago (42) Chicken Fingers (13) Cucumbers (0) & Tomatoes (2) Baby Carrots (12) w/ Ranch (5) Grapes (16) Pears (16)	31 Pizza Bob (30) Ravioli (28) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Strawberries (22) Pineapple (20)	1 General Tso Chicken (25) w/ Rice (15) Popcorn Chicken (20) w/ Dinner Roll (15) French Fries (14) 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**