





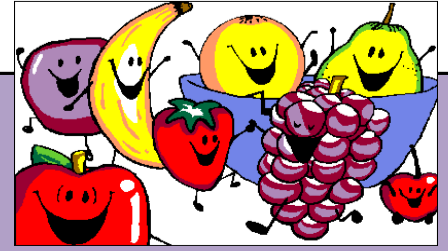
THOMASTON SCHOOL LUNCH

MILK \$.50

January-2018

CENTER SCHOOL

LUNCH \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1-Jan</p> 	<p>2-Jan</p> <p>CHICKEN PATTIE ON A BUN</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>CORN</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>3-Jan</p> <p>MINI PANCAKES WITH SAUSAGE PATTIE SYRUP</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>OVEN ROASTED POTATOES</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>4-Jan</p> <p>BEEF NACHOS with CHEESE SAUCE</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>STEAMED BROCCOLI</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>5-Jan</p> <p>STUFFED CRUST CHEESE PIZZA</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GARDEN SALAD</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>
<p>8-Jan</p> <p>POPCORN CHICKEN BITES</p> <p>BUTTERED NOODLES</p> <p>DIPPING SAUCES</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>PEAS</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>9-Jan</p> <p>CORN DOG NUGGETS</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>BAKED BEANS</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>10-Jan</p> <p>SOFT SHELL BEEF TACO</p> <p>LETTUCE, TOMATO</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>CORN</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>11-Jan</p>  <p>TO ALL JANUARY BIRTHDAYS</p> <p>TOASTED CHEESE SANDWICH</p> <p>Whole Grain Mini Rice Krispie Treat</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>TOMATO SOUP</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>12-Jan</p> <p>6" PERSONAL ROUND CHEESE PIZZA</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GARDEN SALAD</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>
<p>15-Jan</p> 	<p>16-Jan</p> <p>CHICKEN NUGGETS</p> <p>BUTTERED NOODLES</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>STEAMED BROCCOLI</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>17-Jan</p> <p>HAMBURGER or CHEESEBURGER ON A BUN</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>OVEN BAKED FRIES</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>18-Jan</p> <p>PASTA WITH MEAT SAUCE</p> <p>GARLIC BREAD</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>PEAS</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>19-Jan</p> <p>STUFFED CRUST CHEESE PIZZA</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GARDEN SALAD</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>
<p>22-Jan</p> <p>CHICKEN TENDERS</p> <p>WARM DINNER ROLL</p> <p>DIPPING SAUCES</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>CORN</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>23-Jan</p> <p>CHEESY CALZONE</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GREEN BEANS</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>24-Jan</p> <p>WARM SOFT PRETZEL</p> <p>CHOOSE 1 OR 2</p> <p>CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>STEAMED BROCCOLI</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>25-Jan</p> <p>BOSCO STICKS</p> <p>MARINARA SAUCE</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GARDEN SALAD</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>26-Jan</p> <p>STUFFED CRUST CHEESE PIZZA</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GARDEN SALAD</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>
<p>29-Jan</p> <p>CHICKEN PATTIE ON A BUN</p> <p>LETTUCE AND TOMATO</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>CORN</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>30-Jan</p> <p>PIZZA CRUNCHERS</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GREEN BEANS</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>31-Jan</p> <p>MINI PANCAKES WITH SAUSAGE PATTIE SYRUP</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>OVEN BAKED FRIES</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>1-Feb</p> <p>BEEF NACHOS with CHEESE SAUCE</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>STEAMED BROCCOLI</p> <p>CANNED FRUIT TRAY /FRUIT JUICE</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>	<p>2-Feb</p> <p>STUFFED CRUST CHEESE PIZZA</p> <p><u>CHOOSE 1 FRUIT AND 2 VEGGIES</u></p> <p>GARDEN SALAD</p> <p>CANNED FRUIT TRAY</p> <p>ASSORT FRESH VEG & FRUIT TRAY</p>
<p><i>ADDITIONAL ENTREES SERVED DAILY</i></p> <p>Choice #2 ASSORTED GRINDERS</p> <p>Choice #3 Bagel Box, Cream Cheese, Fruited Yogurt, Cheese Stick</p> <p>Choice #4 CHEF SALAD - Assorted salad greens, turkey and cheese with a dinner roll and croutons</p> <p>Choice of non-fat or low fat, white milk or non fat chocolate, non fat strawberry milk included with every meal.</p>			<p>SUBSTITUTIONS MAY OCCUR</p> <p>This institution is an equal opportunity provider</p>	
<p>COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUIT OR CANNED FRUIT</p>			<p>ICE-CREAM & FROZEN TREATS \$1.00</p> <p>WATER \$1.00</p>	
<p>choose one or two vegetables daily</p> 			<p>HEALTHY SNACKS \$1.00</p> <p>BREAKFAST \$1.50</p>	
<p>choose one fruit daily</p> 			<p>Milk Serving 8oz. Breads are Whole Grain</p> <p>Fruit and Vegetables</p> <p>portioned in 1/2 cup servings</p>	