

St Bernadette of Amelia

January 2018

Hot Meal: \$3.25 (entrée, two sides); Extra Entrée\$1.75, Side Items: \$1.00; Beverage: \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 No School	3 <u>Chicken tenders</u> mashed potatoes choice of fruit	4 <u>3-way chili spaghetti</u> choice of two sides	5 <u>slice of pizza or two cheesy bread sticks</u> choice of two sides
8 <u>Grilled cheese & bacon</u> Tomato soup choice of fruit	9 <u>turkey sausage links</u> WG French toast sticks choice of fruit	10 <u>hamburger/cheeseburger</u> Tater tots choice of fruit	11 <u>boneless chicken bites</u> Mac & Cheese choice of fruit	12 <u>slice of pizza or two cheesy bread sticks</u> choice of two sides
15 No School MLK Day	16 <u>whole grain waffles</u> sliced bacon hash brown choice of fruit	17 <u>chicken patty sandwich with Cheese</u> tater tots choice of fruit	18 <u>Pasta bake</u> Ziti noodles, sauce & cheese and garlic stick Choice of Fruit or salad	19 <u>slice of pizza or two cheesy bread sticks</u> choice of two sides
23 <u>Cheese quesadilla</u> side of salsa & sour cream. choice of sides	24 <u>WG pancakes</u> Yogurt stick choice of fruit	25 <u>turkey corndogs</u> tater tots choice of fruit	26 <u>Cheese Coney-choice of chili and shredded cheese</u> choice of sides	27 <u>slice of pizza or two cheesy bread sticks</u> choice of two sides
30 <u>macaroni & cheese</u> boneless chicken bites choice of fruit	31 <u>turkey sausage links</u> WG French toast sticks choice of fruit	1 <u>turkey corndogs</u> tater tots choice of fruit	2 <u>Cheese Coney-choice of chili and shredded cheese</u> corn choice of fruit	3 <u>slice of pizza or two cheesy bread sticks</u> choice of two sides

USDA Daily Requirements K thru 8: protein 1.5 oz., fruits 4oz., vegetables 6oz., whole grains 1 serving

Everyday Entrees			
cheese sandwich	turkey wrap	peanut butter & jelly sandwich	yogurt parfait
chili	soup of the day	bagel with cream cheese	assorted whole grain cereal with milk
Side Items			
Sun Chips ©	pretzels	cheese popcorn	tortilla chips w/ tomato salsa
side salad w/ dressing	banana	whole fresh fruit	applesauce
pineapple cubes	Mandarin oranges	Gogurt Sticks ©	