

# JANUARY HOT LUNCH/ DINNER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Cheese WW Bread Corn Fruit Mix Milk	<b>31</b> Turkey WW Bread Carrots Peaches Milk	<b>JAN 1</b> Happy Holidays!	<b>2</b> Hot Dogs WW Bun Peas & Carrots Mandarin & Oranges Milk	<b>3</b> Mac & Cheese Peas & Carrots Pears Milk
<b>6</b> Chic Fries Rice Pilaf Green Beans Apples Milk	<b>7</b> Beef Sliders Mashed Potatoes WW Bread Peaches Milk	<b>8</b> Fish Sticks Pasta Marinara Corn Pears Milk	<b>9</b> Cheese Ravioli Sliced Cucumbers Mix Melon Milk	<b>10</b> WW Pizza Stick String Cheese French Fries Cantaloupe Milk
<b>13</b> Chic Nuggets Rice N Mushroom Carrots Apples Milk	<b>14</b> Beef Gulash Over Rice Corn Peaches Milk	<b>15</b> Baked Ziti Baby Carrots Pears Milk	<b>16</b> Chili with Rice Green Beans Watermelon Milk	<b>17</b> Hot Dogs & Beans WW Bread Peas & Carrots Pineapple Spears Milk
<b>20</b> Chic Bologna WW Bread Corn Fruit Mix Milk	<b>21</b> Meatballs & Spaghetti Peas & Carrot Peaches Milk	<b>22</b> Fish Sticks Mashed Potatoes WW Bread Pears Milk	<b>23</b> Meatloaf French Fries WW Bread Honeydew Milk	<b>24</b> Veggi Burger WW Bun Sliced Cheese Pickle Chips Pineapple Spears Milk
<b>27</b> Sheppard's Pie WW Bread Corn Apples Milk	<b>28</b> Chic Fries Pasta Marinara Peas & Carrot Peaches Milk	<b>29</b> Mac & Cheese Baby Carrots Pears Milk	<b>30</b> Hot Dogs WW Bun Diced Potatoes Cantaloupe Milk	<b>31</b> WW Pizza Bagel String Cheese Green Beans Mix Melon Milk
<b>FEB 3</b> Manwich Dinner Roll French Fries Apples Milk	<b>4</b> Turkey Breast WW Bread Peas & Carrot Peaches Milk	<b>5</b> Beef Sliders Mashed Potatoes WW Bread Pears Milk	<b>6</b> Chic & Rice Green Beans Cantaloupe Milk	<b>7</b> WW Pizza Stick String Cheese French Fries Pineapple Spears Milk

Menus Are Subject To Change

\*All Juice Must Be 100% Fruit Juice

Ages	Milk	Meat/Meat Alternatives	Vegetables	Fruits	Grains
1-2	1/2 cup	1 oz.	1/8 cup	1/8 cup	1/2 oz
3-5	3/4 cup	1.5 oz.	1/4 cup	1/4 cup	1/2 oz
6-12	1 cup	2 oz.	1/2 cup	1/4 cup	1 oz