

Ware Public Schools

SMK ELEMENTARY SCHOOL LUNCH - JANUARY 2016

Dec 11, 2015

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Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 SCHOOL CLOSED TODAY HAPPY NEW YEAR
Jan - 4 CHICKEN NUGGETS WHIPPED POTATOES GREEN BEANS PEARS MILK-VARIETY	Jan - 5 TACOS FIESTA BLACK BEANS CORN APPLESAUCE MILK-VARIETY	Jan - 6 CHICKEN PATTY ON WHOLE WHEAT ROLL LETTUCE & TOMATO POTATO WEDGES PEACHES MILK-VARIETY	Jan - 7 WHOLE GRAIN SPAGHETTI MEATSAUCE MIXED GREEN SALAD GARLIC BREAD APPLES MILK-VARIETY	Jan - 8 CHICKEN NOODLE SOUP ASSORTED SANDWICHES CARROT STICKS W/DIP MIXED FRUIT MILK-VARIETY
Jan - 11 GRILLED HAMBURGER LETTUCE & TOMATO FRENCH FRIES APPLESAUCE MILK-VARIETY	Jan - 12 WHOLE GRAIN MACARONI & CHEESE STEAMED BROCCOLI PINEAPPLE CHUNKS MILK-VARIETY	Jan - 13 CHICKEN CHEESE QUESADILLA FIESTA BLACK BEANS CORN BANANAS MILK-VARIETY	Jan - 14 SHEPHERD'S PIE CARROTS WHOLEWHEAT DINNER ROLL ORANGES MILK-VARIETY	Jan - 15 HALF DAY OF SCHOOL TEACHER PROF. DAY NO LUNCH
Jan - 18 SCHOOL CLOSED TODAY MARTIN LUTHER KING DAY	Jan - 19 CHEESE STEAK SANDWICH POTATO WEDGES BAKED BEANS PEARS MILK-VARIETY	Jan - 20 FRENCH TOAST STICKS TURKEY SAUSAGE LINK POTATO PUFFS APPLESAUCE MILK-VARIETY	Jan - 21 CHICKEN TENDERS WHIPPED POTATOES CORN WHOLEWHEAT DINNER ROLL MIXED FRUIT MILK-VARIETY	Jan - 22 WHOLE GRAIN PIZZA MIXED GREEN SALAD PEACHES MILK-VARIETY
Jan - 25 HOT DOG ON WHOLE WHEAT ROLL POTATO WEDGES PINEAPPLE CHUNKS MILK-VARIETY	Jan - 26 TACOS FIESTA BLACK BEANS CORN APPLESAUCE MILK-VARIETY	Jan - 27 CHICKEN NUGGETS WHIPPED POTATOES PEAS WHOLEWHEAT DINNER ROLL PEARS MILK-VARIETY	Jan - 28 WHOLE GRAIN SPAGHETTI MEATBALLS MIXED GREEN SALAD MIXED FRUIT MILK-VARIETY	Jan - 29 CHICKEN NOODLE SOUP ASSORTED SANDWICHES CARROT STICKS W/DIP APPLES MILK-VARIETY

MENU SUBJECT TO CHANGE / 3 TYPES OF MILK SERVED-FF CHOC, SKIM, AND 1%
ALT MEAL: SUNBUTTER & JELLY SANDWICH OR CHEF SALAD AVAILABLE DAILY
BREAKFAST SERVED DAILY: CEREAL-VARIETY, JUICE, TOAST, MILK-SKIM AND 1%
"THE USDA AND THIS INSTITUTION ARE AN EQUAL OPPORTUNITY PROVIDER"

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.