

JANUARY 2020

Vernon Verona Sherrill

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

In the Southern Hemisphere, January is a summer month the equivalent of July.

Chicken Nuggets /Roll **6**

Baked Beans
Corn
Apple/Fruit Cup

Spaghetti & Meatballs **7**

Green Beans
WG Roll & Butter
Orange/Fruit Cup

Cheese OR Garlic Pizza **8**

Carrot Cup/Dip
Assorted Fruit Cup

BBQ Chicken/Roll **9**

Romaine Salad with Veggies
Broccoli (steamed)
Asst Fruit Cup/Banana

French Toast Sticks **10**

Breakfast Sausage
Carrot Sticks
Asst.Fruit Cup/Veg Juice

Mini Cheeseburger Sliders **13**

French Fries
Green Beans
Assorted Fruit

Chicken Patty on a Bun **14**

Peas
Romaine Lettuce/Tomato
Assorted Fruit/Strawberries

Cheese OR Garlic Pizza **15**

Carrot Cup/Dip
Assorted Fruit Cup

Meatball Tunnel **16**

Broccoli (steamed)
Tomato/Cucumber Salad
Apple/Fruit Cup

Deli Style Turkey or Tuna Salad **17**

Romaine Lettuce, Tomato
Sweet Potato Tots
Fruit Cup

20

Martin Luther King Day
No School

BBQ Pulled Pork on Bun **21**

Corn on the Cob
Coleslaw
Fruit Cup/Apple

Cheese OR Garlic Pizza OR Chicken Wing Pizza **22**

Carrot Cup/Dip
Assorted Fruit Cup

Chicken and Biscuits **23**

Peas (steamed)
Asst. Fruit Cup/Melon Cubes

Macaroni and Cheese **24**

Broccoli (steamed)
Whole Grain Roll
Assorted Fruit

27

Hot Dog on a Bun
Carrots (Steamed)
Tator Tots
Fruit Cup

Taco Tuesday **28**

Romaine Lettuce/Tomatoes
Salsa, Green Beans
Apple/Fruit Cup

Cheese OR Garlic Pizza **29**

Carrot Cup/Dip
Assorted Fruit Cup

BBQ Rib on a Roll **30**

Baked Beans
Winter Squash
Fruit Cup/Mixed Berries

Toasted Cheese **31**

French Fries
Fresh Broccoli Cup/Dip
Assorted Fruit Cups

A La Carte

K-8
6oz Yogurt with String Cheese and Roll
PB&J Sandwich on Whole Grain Bread 9-12
Cheese or Garlic Pizza
Asst Deli Sandwich on Whole Grain Bread
Asst Salad with Whole Grain Roll
Chicken Patty
Hamburger

SERVED DAILY
Assorted Fruit Cup
Fresh Fruit

CHOICE OF MILK
1% White, Fat Free-
White, Fat Free-
Chocolate, or Fat Free
Strawberry

School News

Martin Luther King Day—
January 20, 2020-No School

Jan 21st-24th High School
Regents

Jan 24th ½ Superintendents
Day Prek -6-Lunch Served

Jan 27th ½ Superintendents
Day Prek -12 Lunch Served
Elementary

Meal Prices K-6 7-12

Breakfast	\$1.00	\$1.00
Lunch	\$1.90	\$2.15

*Menu subject to change

HARVEST OF THE MONTH
WINTER SQUASH
Winter Squash 1/30/20
DAILY MILK-APPLE