

January 2018

SPS—SES--HES

LUNCH



Lunch Prices:
Full pay \$2.30
Reduced \$.40
Adult \$3.75

Meal choices:
M-W-F Yogurt meal
T-Th Chef salad box



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider.



Monday

Tuesday

Wednesday

Thursday

Friday

Happy New Year

1

Teacher work day
No students

2

Fish sticks
Potato wedges
Hushpuppy
Green beans
Fruit
Milk

3

Hot Dog
Baked beans
Baked chips
Fruit
Milk

4

Smoked sausage
Broccoli & cheese
Steamed carrots
Graham crackers
Fruit
Milk

5

Teriyaki Beef bites
Brown rice
Oriental vegetables
Fruit
Milk

8

Chicken sandwich
Sweet potato fries
Lettuce & tomato
Fruit
Milk

9

BBQ meatballs
Potato smiles
Baked beans
Graham crackers
Fruit
Milk

10

Pepperoni pizza
Spinach salad
Corn
Fruit
Milk

11

Cheese burger
Lettuce & tomato
French fries
Fruit
Milk

12

Martin Luther King Day
No school

15

Spaghetti
Side salad
Breadstick
Fruit
Milk

16

Tacos
Lettuce & tomato
Refried beans
Fruit
Milk

17

Baked potato
Ham & cheese
Steamed broccoli
Graham crackers
Fruit
Milk

18

Hamburger
Lettuce & tomato
French fries
Fruit
Milk

19

Cheese burger meatloaf
Mashed potatoes
Steamed carrots
Roll
Fruit
Milk

22

BBQ sandwich
Seasoned fries
Coleslaw
Fruit
Milk

23

Cheesy beef nachos
Lettuce & tomato
Pinto beans
Fruit
Milk

24

Cheese pizza
Spinach salad
Corn on the cob
Fruit
Milk

25

Chicken nuggets
Potato wedges
Green beans
Roll
Fruit
Milk

26

Country fried steak
Rice & gravy
Blackeyed peas
Buttered carrots
Fruit
Milk

29

Breakfast for Lunch
Eggs & grits
Sausage pattie
Tri tator
Biscuit
Fruit/ Milk

30

Toasted cheese sandwich
Broccoli salad
Baked chips
Fruit
Milk

31

