

# JANUARY 2019

Monday

Tuesday

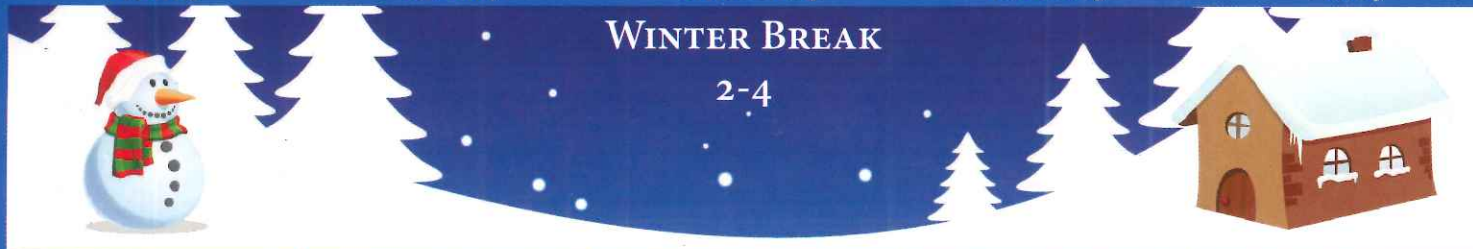
Wednesday

Thursday

Friday

## WINTER BREAK

2-4



<p>7</p> <p><b>Student- Free Day</b> (Middle &amp; High School Only) Bean and Cheese Burrito Greek Yogurt and Granola ***</p> <p>Apple &amp; Eve Fruitable Juice Chopped Romaine Cilantro Peaches or other canned fruit</p>	<p>8</p> <p>Orange Chicken &amp; Asian Rice Chicken Ranch Salad ***</p> <p>Lunch Bunch Grapes Cucumbers and Tajin Apple &amp; Eve Fruitable Juice Tangerines</p>	<p>9</p> <p>Pepperoni* and Cheese Pizza ***</p> <p>Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup</p>	<p>10</p> <p>Chicken Drumstick Asian Chicken Salad ***</p> <p>Orange Smiles Jicama and Tajin Apple Slices Potato Dish <b>Cookie or Brownie Day</b></p>	<p>11</p> <p>Cheeseburger Twins Caesar Salad ***</p> <p>Ocean Spray Dried Cranberries or Other Dried Fruit Chicken Caesar Salad Pinto Bean Salad 100% Berry Fruit Pop</p>
<p>14</p> <p>Taco Nada Greek Yogurt &amp; Granola ***</p> <p>Chopped Romaine Apple &amp; Eve Fruitable Juice Cilantro Peaches or Other Canned Fruit</p>	<p>15</p> <p>Foster Farm Chicken Corn Dog Chicken Ranch Salad ***</p> <p>Lunch Bunch Grapes Cucumbers and Tajin Apple &amp; Eve Fruitable Juice Tangerines or Other Canned Fruit</p>	<p>16</p> <p>Pepperoni* and Cheese Pizza ***</p> <p>Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup</p>	<p>17</p> <p>Chicken Nuggets Asian Chicken Salad ***</p> <p>Orange Smiles Jicama and Tajin Apple Slices Potato Dish <b>Cookie or Brownie Day</b></p>	<p>18</p> <p>Pizza Sticks* Caesar Salad ***</p> <p>Ocean Spray Dried Cranberries or Other Dried Fruit Chicken Caesar Salad Pinto Bean Salad 100% Berry Fruit Pop</p>
<p><b>MARTIN LUTHER KING</b> CELEBRATION DAY</p> <p>22</p> <p>Chicken Tamale in Red Sauce Chicken Ranch Salad ***</p> <p>Lunch Bunch Grapes Cucumbers and Tajin Apple &amp; Eve Fruitable Juice Tangerines or Other Canned Fruit</p>	<p>23</p> <p>Pepperoni* and Cheese Pizza ***</p> <p>Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup</p>	<p>24</p> <p>Chicken Drumstick Asian Chicken Salad ***</p> <p>Orange Smiles Jicama and Tajin Apple Slices Potato Dish <b>Cookie or Brownie Day</b></p>	<p>25</p> <p>Cheeseburger Caesar Salad ***</p> <p>Ocean Spray Dried Cranberries Chicken Caesar Salad Pinto Bean Salad 100% Berry Fruit Pop</p>	
<p>28</p> <p>Bean &amp; Cheese Pupusa and Curtido Greek Yogurt &amp; Granola ***</p> <p>Chopped Romaine Apple &amp; Eve Fruitable Juice Cilantro Peaches or other canned fruit <b>Minimum Day</b></p>	<p>29</p> <p>Chicken Tenders Chicken Ranch Salad ***</p> <p>Lunch Bunch Grapes Cucumbers and Tajin Apple &amp; Eve Fruitable Juice Tangerines <b>Minimum Day</b></p>	<p>30</p> <p>Pepperoni* and Cheese Pizza ***</p> <p>Caesar Salad Mini Sweet Bell Peppers Carrots 100% Strawberry Frozen Cup <b>Minimum Day</b></p>	<p>31</p> <p>Mac N Cheese or New Item Asian Chicken Salad ***</p> <p>Orange Smiles Jicama and Tajin Apple Slices <b>Cookie or Brownie Day</b></p>	<p><b>Milk offered with every meal!</b></p> <p>We offer: low fat or non fat milk products: 1% White, Non-fat Chocolate, Lactaid, Soy Milk.</p>

### Meal Pricing and Charge Policy:

See inside of front cover

### Meal Applications:

Refer to page 3

Updated menus will be posted on our website, [yourchew.com](http://yourchew.com), as well as nutrient analysis.

Póliza de precios y cargos de comida: vea el interior de la portada.

Aplicaciones de comida: consulte la página tres. El menú está sujeto a cambios.

Los menús actualizados se publicarán en nuestro sitio web, [yourchew.com](http://yourchew.com), así como el análisis de nutrientes.

### Additional Entrée Choices

#### Opciones adicionales

Mon/Lunes: Grilled Cheese

Tues/Martes: Sunflower Seeds & Granola Bar

Wed/Miercoles: Cheese Pizza

Thurs/Jueves: Garlic Cheese Bread

Fri/Viernes: Morning Star  
Black Bean Burger

### Additional Protein/ Proteína adicional

Mozzarella String Cheese or Sunflower Seeds (Varies day to day)

Light Mozzarella String Cheese o semillas de girasol (Varía día a día)

### Additional Whole Grain/ Grano Entero Adicional

Mon/Lunes: Organic Annie Grahams

Tues/Martes: Back to Basics  
Wheat Crackers

Wed/Miercoles: Crackers

Thurs/Jueves: Cookie Day

Fri/Viernes: Pepperidge Farms  
Goldfish Pretzels