

Menu subject to change  
without notice

Intermediate and Upper Elementary School

Jan-19

Converse County School #1 is  
an equal opportunity provider  
and employer

| Monday, December 31, 2018  | Tuesday, January 1, 2019   | Wednesday, January 2, 2019   | Thursday, January 3, 2019   | Friday, January 4, 2019  |
|--|--|--|---|--|
|  |  |  | Hamburgers<br>Sandwich of the Day<br>Steamed Green Beans              | Chicken Nuggets<br>Sandwich of the Day<br>Steamed Corn                             |
| Monday, January 7, 2019  | Tuesday, January 8, 2019   | Wednesday, January 9, 2019   | Thursday, January 10, 2019  | Friday, January 11, 2019   |
| Chicken Tacos<br>Sandwich of the Day<br>Churros                    | Pigs in the Blanket<br>Sandwich of the Day<br>Steamed Green Beans    | Breaded Fish Fillet<br>Sandwich of the Day<br>Tater Tots                     | <b>Spaghetti w/ Meat Sauce</b><br>Garlic Toast<br>Sandwich of the Day | BBQ Rib on a Hoagie Bun<br>Sandwich of the Day<br>Steamed California Blend Veggies |
| <i>Beef Donated By Troy and Katie Scott of Scott Ranch</i>         |  |  |   |  |
| Monday, January 14, 2019   | Tuesday, January 15, 2019  | Wednesday, January 16, 2019  | Thursday, January 17, 2019  | Friday, January 18, 2019   |
| Pepperoni Pizza<br>Sandwich of the Day<br>Steamed Corn             | <b>Beef Stew</b><br>Crackers<br>Sandwich of the Day<br>String Cheese | Baked Chicken<br>Sandwich of the Day<br>Brown Rice Pilaf                     | <b>Chili</b><br>Sandwich of the Day<br>Homemade Cinnamon Rolls        | Chicken Fried Beef Steak Sand<br>Sandwich of the Day<br>Pudding                    |
| <i>Beef Donated By Levi Miller</i>                                 |  | <i>Beef Donated By Dick, Jordan, Taylor and Riley Lisco of Lisco Ranches</i> |   |  |
| Monday, January 21, 2019   | Tuesday, January 22, 2019  | Wednesday, January 23, 2019  | Thursday, January 24, 2019  | Friday, January 25, 2019   |
| <b>No School</b>   | Chicken Sandwich<br>Sandwich of the Day<br>French Fries              | <b>Beefy Nachos</b><br>Sandwich of the Day                                   | Baked Ham & Cheese<br>Sandwich of the Day<br>Steamed Green Beans      | Hot Dogs<br>Sandwich of the Day<br>Cookies   |
| <i>Beef Donated By Tom Litman of Belle Fourche Pipeline</i>        |  |  |   |  |
| Monday, January 28, 2019   | Tuesday, January 29, 2019  | Wednesday, January 30, 2019  | Thursday, January 31, 2019  | Friday, February 1, 2019   |
| Pancakes & Sausage Links<br>Sandwich of the Day<br>Yogurt          | Turkey Gravy, Rolls<br>Sandwich of the Day<br>Mashed Potatoes        | Popcorn Chicken<br>Sandwich of the Day<br>Cottage Cheese                     | <b>Sloppy Joes</b><br>Sandwich of the Day<br>Bread Pudding            |  |
| <i>Beef Donated By Joe and Karen Rankin of J.S. Rankin Ranches</i> |  |  |   |  |

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Daily Vegetable and Fruit Choices

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b><br/>can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Red/Orange veggie choice</b><br/>can be: tomatoes, red pepper, carrots, sweet potatoes, pumpkin</p> <p><b>Fresh Fruit</b><br/>can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b><br/>can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p> | <p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b><br/>can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Bean/Peas</b><br/>can be: black-eyed peas<br/>black beans, baked beans<br/>kidney, garbanzo, pinto</p> <p><b>Fresh Fruit</b><br/>can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b><br/>can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p> | <p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b><br/>can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers</p> <p><b>Dark Green Veggie</b><br/>can be: Romaine Lettuce or Spinach</p> <p><b>Fresh Fruit</b><br/>can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b><br/>can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p> | <p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b><br/>can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Fresh Fruit</b><br/>can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b><br/>can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p> | <p><b>Milk</b></p> <p><b>Salad Bar</b></p> <p><b>Vegetable/Fruit Choices:</b></p> <p><b>Daily Veggie Medley</b><br/>can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green &amp; red peppers lettuce blend</p> <p><b>Fresh Fruit</b><br/>can be: apples, bananas, oranges, and other seasonal fruits</p> <p><b>Canned Fruit</b><br/>can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p> |

Low-fat Unflavored and Fat-free Flavored Milk Offered Daily

FRUIT AND VEGETABLE CHOICES ARE ALL YOU CAN EAT

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