

January 2019 VANGUARD ACADEMY Lunch P-K

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
6	7	8	9	10	11	12
			Chicken Chalupas Rice, Beans Fruit Milk	Corn Dog Steam Broccoli Fruit Mustard Ketchup Milk	Pizza Baby Carrots Fruit Ranch Dressing Milk	
13	14	15	16	17	18	19
	Chesseburger on WW Bun Steam Broccoli Fruit Mayo/Ketchup Milk	Chicken Taco Wrap Rice Beans Fruit Milk	WG Spaghetti & meatballs Corn Fruit Dinner Roll Milk	Turkey Sandwich Lettuce/Tomato Pickles, Fruit Mayo/Mustard Milk	Pizza Baby Carrots Fruit Ranch Dressing Milk	
20	21	22	23	24	25	26
	Hot Dog Green Beans Fruit Mustard/ Ketchup Milk	Crispy Tacos Rice Beans Fruit Milk	Barbecued Chicken Pasta, Corn Fruit Ranch Dressing Milk	Cheeseburger on WW Bun Steam Broccoli Fruit Mayo/Ketchup Milk	Pizza Baby Carrots Fruit Ranch Dressing Milk	
27	28	29	30	31	1 February	
	Macho Nacho Cheese Sauce Baked Tostito Scoops Brown Rice, Pinto Beans Milk	Pig in the blanket Steam Broccoli Fruit Ranch Dressing Milk	Turkey Sandwich Lettuce/Tomato Pickles, Fruit Mayo/Mustard Milk	Chicken Nuggets Dinner Roll Mashed Potatoes Brown Gravy Fruit Ketchup Milk	Pizza Baby Carrots Fruit Ranch Dressing Milk	

Menu is subject to change without notice due to price and availability of food.

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