



Satellite Sites Lunch Menu January 2019



What is a Meal?
 - 3 of the 5 components
 - At least 1/2 cup serving of fruit or 1/2 cup of vegetable

What is a Component?
 Meat or Meat Alternate
 Grain/Bread
 Choice of Vegetable
 Choice of Fruit
 Choice of Milk
 (Skim, 1% white, and fat-free chocolate)

Daily Fruit Selections May Include:
 (varies seasonally)
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Meal Options May Include:
 PB&J Jamwich w/ String Cheese & Crackers
 Fruit & Yogurt w/ Crackers & String Cheese
 Chef Salad w/ Dressing

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL 	2 Hot Dog on a Bun Baked Beans Fruit Milk	3 French Toast Sticks with Sausage Patties Tater Tots Fruit Milk	4 Toasted Cheese Sandwich Tomato Soup Fruit Milk
7 Bacon Cheeseburger Steamed Carrots Fruit Milk	8 Soft Tacos Baked Beans Fruit Milk	9 Chicken Mashed Potato Dinner Roll Steamed Corn Fruit Milk	10 Pasta and Meatballs Italian Salad Fruit Milk	11 Cheese Pizza Sticks With Sauce Steamed Broccoli Fruit Milk
14 Chicken Nuggets Dinner Roll Green Beans Fruit Milk	15 Loaded Nachos Baked Beans Fruit Milk	16 Chicken Patty Sandwich Caesar Salad Fruit Milk	17 Homemade Meatloaf Dinner roll French Fries Fruit Milk	18 NO SCHOOL INSERVICE
21 NO SCHOOL Martin Luther King Jr. Day	22 Walking Taco Dinner Roll Baked Beans Fruit Milk	23 Cheeseburger Cheesy Potatoes Fruit Milk	24 Hot Dog Steamed Broccoli Fruit Milk	25 Toasted Cheese Sandwich Tomato Soup Fruit Milk
28 Chicken Patty Sandwich Green Beans Fruit Milk	29 Cruncy Tacos Steamed Carrots Fruit Milk	30 Chicken Mashed Potato Dinner Roll Steamed Corn Fruit Milk	31 Corn Dog Baked Beans Fruit Milk	



Lunch Prices:
 Student \$2.05
 Reduced \$.40
 Adult \$3.05

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