

Higgins, Otken, Summit, Denman Lunch

January 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 7 Spaghetti & Meatballs Turkey & Cheese Sub Chef Salad Green Beans California Veggies Cucumber Salad Pineapple Tidbits Fresh Fruit Garlic Toast View Nutrients | 8 Red Beans and Rice with Sausage Grilled Chicken Sandwich Sw Potato Casserole Southern Greens Garden Salad Fresh Fruit Assorted Fruit Juices Cornbread View Nutrients | 9 French Bread Pizza Hamburger Sweet Potato Fries Green Peas Cheesy Broccoli Chilled Peaches Fresh Fruit Blueberry Crisp View Nutrients | 10 Lemon Pepper Chicken w / Fried Rice Turkey & Cheese Sub Crunchy Sweet Potato Baked Beans Mixed Vegetables Applesauce Fresh Fruit Whole Wheat Roll View Nutrients | 11 Turkey and Cheese Melt Manager's Choice French Fries Cucumber Salad Banana Berry Blend Fresh Fruit View Nutrients |
| 14 Beef Taco Turkey & Cheese Sub Grilled Chicken Salad Mashed Sweet Potatoes Green Peas California Veggies Pineapple Tidbits Fresh Fruit Spanish Rice View Nutrients | 15 Chili with Crackers Grilled Chicken Sandwich Whole Kernel Corn Green Beans Garden Salad Fresh Fruit Assorted Fruit Juices View Nutrients | 16 Chicken Nuggets Turkey & Cheese Sub Crunchy Sweet Potato Black-Eyed Peas Southern Greens Pear and Kiwi Medley Fresh Fruit Fiesta Cornbread View Nutrients | 17 Hot Wings w / Roll Hamburger Sweet Potato Fries Mixed Vegetables Cucumber Salad Chilled Peaches Fresh Fruit View Nutrients | 18 BBQ Chicken Sandwich Manager's Choice Roasted Potato Wedges Cheesy Broccoli Garden Salad Blueberry Cup Fresh Fruit View Nutrients |
| 21 MLK Holiday | 22 John Wayne Dip & Chips Grilled Chicken Sandwich Crunchy Sweet Potato Green Beans Garden Salad Fresh Fruit Assorted Fruit Juices Spanish Rice View Nutrients | 23 Pepperoni Pizza Turkey & Cheese Sub Potato Ole Steamed Broccoli Florets Cucumber Salad Chilled Peaches Fresh Fruit Blueberry Crisp View Nutrients | 24 Cheesy Chicken Hamburger Mashed Sweet Potatoes Seasoned Lima Beans Southern Greens Applesauce Fresh Fruit Fiesta Cornbread View Nutrients | 25 Crispy Chicken Sandwich Manager's Choice Roasted Potato Wedges Gold Rush Juice Banana Berry Blend Fresh Fruit View Nutrients |
| 28 Spaghetti & Meatballs Turkey & Cheese Hoagie Chef Salad Green Beans California Veggies Cucumber Salad Pineapple Tidbits Fresh Fruit Garlic Toast View Nutrients | 29 Red Beans w /Cornbread Grilled Chicken Sandwich Sw Potato Casserole Southern Greens Garden Salad Fresh Fruit Assorted Fruit Juices View Nutrients | 30 French Bread Pizza Hamburger Sweet Potato Fries Cheesy Broccoli Gold Rush Juice Chilled Peaches Fresh Fruit View Nutrients | 31 Gumbo Turkey & Cheese Sub Crunchy Sweet Potato Whole Kernel Corn Green Peas Blueberry Cup Fresh Fruit Saltine Crackers View Nutrients | |

Variety of Milk Served Daily. This Agency is an equal opportunity employer and provider.