

January 2019 VANGUARD ACADEMY Lunch 9-12

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 SALAD EVERY DAY Chicken or Turkey Ham, Shredded Cheese/Salad Mix/Sliced Cucumber/Baby Carrots/Croutons Crackers/ Sun chips Fruit/Fruit Dressing/Choice of Milk	3	4	5 
6	7	8	9 Chicken Chalupas Rice, Beans Iceberg Lettuce, Tomato Fruit/ Fruit Choice of Milk	10 Corn Dog Peas Steam Broccoli Fruit/ Fruit Mustard Ketchup Choice of Milk	11 Pizza Cucumber Baby Carrots Fruit/ Fruit Ranch Dressing Choice of Milk	12
13 	14 Cheeseburger on WW Bun Steam Broccoli Lettuce/Tomato Pickles Fruit/ Fruit Mayo/Ketchup Choice of Milk	15 Chicken Taco Wrap Rice, Beans Iceberg Lettuce Tomato Fruit/ Fruit Choice of Milk	16 WG Spaghetti & meatballs Carrots Corn Fruit/ Fruit Dinner Roll Choice of Milk	17 Turkey Sandwich Lettuce/Tomato Pickles, Baby Carrots Sun Chips Fruit/ Fruit Mayo/Mustard Choice of Milk	18 Pizza Cucumber Baby Carrots Fruit/ Fruit Ranch Dressing Choice of Milk	19 
20	21 Hot Dog Corn Green Beans Sun Chips Fruit/ Fruit Mustard/ Ketchup Choice of Milk	22 Crispy Tacos Rice, Beans Iceberg Lettuce, Tomato Fruit/ Fruit Choice of Milk	23 Barbecued Chicken Pasta, Corn, Salad Mix Fruit/ Fruit Ranch Dressing Choice of Milk	24 Cheeseburger on WW Bun Steam Broccoli Lettuce/Tomato Pickles Fruit/ Fruit Mayo/Ketchup Choice of Milk	25 Pizza Cucumber Baby Carrots Fruit/ Fruit Ranch Dressing Choice of Milk	26
27 	28 Macho Nacho Cheese Sauce Baked Tostito Scoops Brown Rice, Pinto Beans Lettuce/tomato, Fruit/ Fruit Choice of Milk	29 Pig in the blanket Steam Broccoli Mixed Vegetables Fruit/ Fruit Ranch Dressing Choice of Milk	30 Turkey Sandwich Lettuce/Tomato Pickles, Baby Carrots Sun Chips Fruit/ Fruit Mayo/Mustard Choice of Milk	31 Chicken Nuggets (2)Dinner Roll Mashed Potatoes Brown Gravy Mix Vegetables Fruit/ Fruit Ketchup Choice of Milk	1 February Pizza Cucumber Baby Carrots Fruit/ Fruit Ranch Dressing Choice of Milk	

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

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