

BENTON COUNTY SCHOOLS

Lunch Menu January 7 - January 31

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7 Sausage Pizza Hot Dog Tossed Salad w/ Dressing TASTY TOTS Creamy Coleslaw Fresh Fruit Bowl Fat Free Milk Chocolate Milk	Jan - 8 Manager's Choice	Jan - 9 Taco Soup Grilled Cheese Sandwich Saltine Crackers Grilled Chicken Sandwich Sunchips, Harvest Cheddar Creamy Coleslaw Fresh Fruit Bowl Assorted Fruit Juices Fat Free Milk Chocolate Milk	Jan - 10 Beef-A-Roni Ham and Cheese on Bun TASTY TOTS Confetti Coleslaw Fresh Oranges Fresh Apples Fat Free Milk Chocolate Milk	Jan - 11 Pepperoni Pizza Wedge Hamburger w/ Trimmings Mexicali Corn Tossed Salad w/ Dressing Fresh Orange Smiles Trimmings Mustard, PC, MS1538 Mayonnaise Ketchup Chocolate Milk Fat Free Milk
Jan - 14 Ham and Cheese Sandwich Fish Sandwich Crinkle Cut Fries Fresh Fruit Cup Assorted Fruit Juices Tartar Sauce Ketchup Mayonnaise Chocolate Milk Fat Free Milk	Jan - 15 Grilled Chicken Sandwich Philly Cheese Steak Sandwich Crinkle Cut Fries Tossed Salad w/ Dressing Chilled Diced Pears Fresh Fruit Bowl Mustard, PC, MS1538 Mayonnaise Chocolate Milk Fat Free Milk	Jan - 16 Tuna Salad Sandwich Hamburger Steak w/ Gravy Mashed Potatoes Green Peas Whole Wheat Roll Blueberries with Whipped Topping Mayonnaise Ketchup Chocolate Milk Fat Free Milk	Jan - 17 Chef Salad Lemon Pepper Chicken Mashed Potatoes Seasoned Whole Green Beans Whole Wheat Roll Fresh Fruit Bowl Assorted Salad Dressings Chocolate Milk Fat Free Milk	Jan - 18 Tuna Salad with Crackers Stromboli Supreme Creamy Coleslaw Pinto Beans Fruit Cocktail Assorted Fruit Juices Chocolate Milk Fat Free Milk
Jan - 21 HOLIDAY NO SCHOOL	Jan - 22 Manager's Choice	Jan - 23 Chicken Fajitas Hot Dog Green Beans Steamed Carrots Fresh Fruit Bowl Assorted Fruit Juices Mustard, PC, MS1538 Ketchup Mayonnaise Chocolate Milk Fat Free Milk	Jan - 24 Macaroni & Cheese with Ham Slice Meatloaf Pinto Beans Confetti Coleslaw Fruit Slushes Fruit Cocktail Cornbread Chocolate Milk Fat Free Milk	Jan - 25 Chicken Salad w/Crackers Cheeseburger Green Peas Mashed Potatoes Chilled Peach Slices Saltine Crackers Mustard, PC, MS1538 Ketchup Chocolate Milk Fat Free Milk
Jan - 28 Pepperoni Pizza Wedge Hamburger w/ Trimmings Mexicali Corn Tossed Salad w/ Dressing Fresh Orange Smiles Trimmings Mustard, PC, MS1538 Mayonnaise Ketchup Chocolate Milk Fat Free Milk	Jan - 29 Manager's Choice	Jan - 30 Chicken Quesadillas Cheeseburger Whole Kernel Corn Tossed Salad w/ Dressing Chilled Peach Slices Pineapple Tidbits Mustard, PC, MS1538 Ketchup Vanilla Pudding Chocolate Milk Fat Free Milk	Jan - 31 Ham and Cheese Sandwich Fish Sandwich Crinkle Cut Fries Fresh Fruit Cup Assorted Fruit Juices Tartar Sauce Ketchup Mayonnaise Chocolate Milk Fat Free Milk	

In accordance with Federal Law and U.S. Department of Agriculture policy, the Benton County School District does not discriminate on the basis of race, sex, age, religion, disability, or national origin.
All menus are subject to change according to product availability.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.