



# JANUARY 2019 Pre K Menu

## Fayette County Public Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 Grilled Chicken Sandwich Purple Peas Corn on the Cob Mandarin Oranges Milk	8 Crispito with Cheese Glazed Carrots Triangle Potatoes Chilled Peaches Milk	9 Chilli W/Cheese & Crackers Whole Baked Potatoes Broccoli w/Cheese Pineapple Chunks Milk	10 Chicken & Cheese Quesadilla Tossed Salad Green Beans Frozen Fruit Juice Dog Milk	11 Cheese or Pepperoni Pizza Coleslaw Baked Beans Strawberry Applesauce Milk
14 Mini Corn Dogs Garden Salad Baked Potatoes Chilled Fruit Cup Milk	15 Popcorn Chicken with Roll Glazed Baby Carrots Crinkle Cut Fries Applesauce Milk	16 Pizza Max Sticks/Marinara Sauce Corn on the Cob Green Beans Chilled Peaches Milk	17 Baked Chicken w/Roll Creamy Coleslaw Broccoli with Cheese Chilled Pears Milk	18 Hot Dog on Bun Mashed Potatoes Green Peas Chilled Fruit Cup Milk
21 Corn Dog Whole Baked Potatoes Broccoli w/Cheese Pineapple Chunks Milk	22 Spaghetti/Meat Sauce & Breadstick Tossed Salad Green Beans Frozen Fruit Juice Dog Milk	23 Hot Dog on a Bun Mashed Potatoes with Gravy Green Peas Applesauce Milk	24 BBQ Nachos Purple Hull Peas Whole Kernel Corn Mandarin Oranges Milk	25 Cheese or Pepperoni Pizza Glazed Baby Carrots Crinkle Cut Fries Chilled Fruit Cup Milk
28 BBQ Nachos Purple Peas Corn on the Cob Mandarin Oranges Milk	29 Hot Dog on a Bun Mashed Potatoes with Gravy Green Peas Applesauce Milk	30 Fish Scroodles/Hushpuppies Sidewinder Potatoes Coleslaw Frozen Fruit Juice Do Milk	31 Grilled Cheese Sandwich Green Beans Garden Salad Fresh Whole Banana Milk	

### Lunch Meal Pattern

- 1 oz. meat/meat alternate daily 8 oz. minimum per week
- 1 oz. equivalent grain daily (8 oz. eq. minimum per week)
- 1/4 cup of vegetable daily (1 1/4 cups per week)
- 1/4 cup of fruit daily (1 1/4 cups per week)
- 1 cup milk daily (5 cups per week)

**MENUS ARE SUBJECT TO  
CHANGE DUE TO PRODUCT  
AVAILABILITY**

This institution is an equal opportunity provider.

### Milk Choices:

- 1/2 pint lowfat (1%) white milk
- 1/2 pint fat free 0% white milk
- 1/2 pint fat free 0% chocolate milk
- 1/2 pint fat free 0% strawberry milk