



JANUARY 2019 K-8 Menu

Fayette County Public Schools

Grab N Go Snack Box
 Will be offer Every Tuesday N Thursday
Menu Includes
 Deli Sandwich on a Hoagie Bun
 Lettuce, Tomato, Pickle, & Onion
 Chips

Monday **Tuesday** **Wednesday** **Thursday** **Friday**

1 2 3 4

7
 Grilled Chicken Sandwich
 BBQ Nachos
 Purple Peas
 Corn on the Cob
 Mandarin Oranges
 Assorted Fresh Fruit
 Milk

8
 Crispito with Cheese
 Chicken Rings/Roll
 Glazed Carrots
 Triangle Potatoes
 Chilled Peaches
 Cantaloupe
 Milk

9
 Oven Baked Breaded Chicken/Biscuit
 Chilli W/Cheese & Crackers
 Whole Baked Potatoes
 Broccoli w/Cheese
 Pineapple Chunks
 Assorted Fresh Fruit
 Milk

10
 Spaghetti/Meat Sauce & Breadstick
 Chicken & Cheese Quesadilla
 Tossed Salad
 Green Beans
 Frozen Fruit Juice Dog
 Assorted Fresh Fruit
 Milk

11
 Cheese or Pepperoni Pizza
 Pulled Pork Barbecue/Bun
 Coleslaw
 Baked Beans
 Strawberry Applesauce
 Assorted Fresh Fruit
 Milk

14
 Chicken Alfredo w Garlic Breadstick
 Mini Corn Dogs
 Garden Salad
 Baked Potatoes
 Chilled Fruit Cup
 Assorted Fresh Fru
 Milk

15
 Popcorn Chicken with Roll
 Deli Turkey Sandwich/Lett, Tom
 Glazed Baby Carrots
 Crinkle Cut Fries
 Applesauce
 Assorted Fresh Fruit
 Milk

16
 Pizza Max Sticks/Marinara Sauce
 Meatloaf Minis w/Roll
 Corn on the Cob
 Green Beans
 Chilled Peaches
 Assorted Fresh Fruit
 Milk

17
 Fish Sandwich/Bun w Cheese
 Baked Chicken w/Roll
 Creamy Coleslaw
 Broccoli with Cheese
 Chilled Pears
 Assorted Fresh Fruit
 Milk

18
 Cheese or Pepperoni Pizza
 Hot Dog on Bun
 Mashed Potatoes
 Green Peas
 Chilled Fruit Cup
 Assorted Fresh Fruit
 Milk

21
 Oven Baked Breaded Chicken/Biscuit
 Corn Dog
 Whole Baked Potatoes
 Broccoli w/Cheese
 Pineapple Chunks
 Assorted Fresh Fruit
 Milk

22
 Spaghetti/Meat Sauce & Breadstick
 Chicken Fajitas/ Soft Shell Tortilla
 Tossed Salad
 Green Beans
 Frozen Fruit Juice Dog
 Assorted Fresh Fruit
 Milk

23
 Country Style Steak / Roll
 Hot Dog on a Bun
 Mashed Potatoes with Gravy
 Green Peas
 Assorted Fresh Fruit
 Applesauce
 Milk

24
 Grilled Chicken Sandwich
 BBQ Nachos
 Purple Hull Peas
 Whole Kernel Corn
 Mandarin Oranges
 Assorted Fresh Fruit
 Milk

25
 Cheese or Pepperoni Pizza
 Deli Turkey Sandwich/Lett, Tom
 Glazed Baby Carrots
 Crinkle Cut Fries
 Chilled Fruit Cup
 Assorted Fresh Fruit
 Milk

28
 Grilled Chicken Sandwich
 BBQ Nachos
 Purple Peas
 Corn on the Cob
 Mandarin Oranges
 Assorted Fresh Fruit
 Milk

29
 Steak and Gravy/ Roll
 Hot Dog on a Bun
 Mashed Potatoes with Gravy
 Green Peas
 Fresh Strawberries
 Applesauce
 Milk

30
 Fish Scroodles/Hushpuppies
 Cheeseburger/Bun w/Lett, tom
 Sidewinder Potatoes
 Coleslaw
 Assorted Fresh Fruit
 Frozen Fruit Juice Do
 Milk

31
 Chicken Fajitas/ Soft Shell Tortilla
 Cheese, Lettuce, Tomato & Salsa
 Grilled Cheese Sandwich
 Green Beans
 Garden Salad
 Fresh Whole Banana
 Peach Cup
 Milk

Lunch Meal Pattern

- 2 oz. meat/meat alternate daily 10 oz. minimum per week
- 2 oz. equivalent grain daily (10 oz. eq. minimum per week)
- 1 cup of vegetable daily (5 cups per week)
- 1 cup of fruit daily (5 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