

## January 2019

### Learning Express Preschool at W&J Satellite Lunch Menu

Tuesday	1	NO SCHOOL – HAPPY NEW YEAR
Wednesday	2	Hot Dog, Baked Beans, Fruit
Thursday	3	French Toast Sticks with Sausage Patties, Tater Tots, Fruit
Friday	4	Toasted Cheese Sandwich, Tomato Soup, Fruit
Monday	7	Bacon Cheeseburger, Steamed Carrots
Tuesday	8	Soft Tacos, Baked Beans, Fruit
Wednesday	9	Chicken, Mashed Potato, Dinner Roll, Steamed corn, Fruit
Thursday	10	Pasta and Meatballs, Italian Salad, Fruit
Friday	11	Cheese Pizza Sticks with Sauce, Steamed Broccoli, Fruit
Monday	14	Chicken Nuggets, Dinner Roll, Green Beans, Fruit
Tuesday	15	Loaded Nachos, Baked Beans, Fruit
Wednesday	16	Chicken Patty Sandwich, Caesar Salad, Fruit
Thursday	17	Homemade Meatloaf, Dinner Roll, French Fries, Fruit
Friday	18	NO SCHOOL - INSERVICE
Monday	21	NO SCHOOL – MARTIN LUTHER KING DAY
Tuesday	22	Walking Taco, Dinner Roll, Baked Beans, Fruit
Wednesday	23	Cheeseburger, Cheesey Potatoes, Fruit
Thursday	24	Hot Dog, Steamed Broccoli, Fruit
Friday	25	Toasted Cheese Sandwich, Tomato Soup, Fruit
Monday	28	Chicken Patty Sandwich, green Beans, Fruit
Tuesday	29	Crunchy Tacos, Steamed Carrots, Fruit
Wednesday	30	Chicken, Mashed Potato, Dinner Roll, Steamed Corn, Fruit
Thursday	31	Corn Dog, Baked Beans, Fruit

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

**What is a Meal?** You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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**Components:** Meat or meat alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk  
- 1% white, fat-free white, chocolate, vanilla and strawberry

**Daily Fruit Selections may include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges (varies seasonally)

**Other Meal Options:** PB&J Jamwich w/String Cheese & Crackers, Fruit & Yogurt w/Crackers & String Cheese, Chef Salad w/Dressing

**Lunch Prices:** Student \$2.05. Reduced \$0.40. Adult \$3.05.

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