

# Helen Davis January 2020 9-12 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>HAPPY NEW YEAR</i>  <i>NO SCHOOL</i>	2 <i>Chicken salad sand</i> <i>Herbed cauliflower</i> <i>Pineapple</i> <i>Ice cream</i> <i>1% Variety milk</i>	3 <i>Mexican beef &amp; macaroni</i> <i>Peas &amp; carrots</i> <i>Corn muffin</i> <i>Apricots</i> <i>Chocolate pudding</i> <i>1% Variety milk</i>	4
5	6 <i>chicken parmesan</i> <i>Garlic toast</i> <i>Corn</i> <i>Mixed fruit</i> <i>1% Variety milk</i>	7 <i>Beef stroganoff noodles</i> <i>Carrots</i> <i>Peaches</i> <i>1% Variety milk</i>	8 <i>Turkey burger on bun</i> <i>Baked beans</i> <i>Baked chips</i> <i>Applesauce</i> <i>Ketchup</i> <i>1% Variety milk</i>	9 <i>Chicken tomato bake</i> <i>Broccoli</i> <i>Strawberries</i> <i>Vanilla ice cream</i> <i>1% Variety milk</i>	10 <i>Meatloaf w/gravy</i> <i>Potato O'Brien</i> <i>Green beans</i> <i>Corn muffin/margarine</i> <i>Pears</i> <i>1% Variety milk</i>	11
12	13 <i>Hamburger on bun</i> <i>Ketchup</i> <i>Fries</i> <i>Peas</i> <i>Spiced peaches</i> <i>1% Variety milk</i>	14 <i>Rodeo macaroni</i> <i>Carrots</i> <i>Mixed fruit</i> <i>Bread margarine</i> <i>1% Variety milk</i>	15 <i>Baked fish</i> <i>Rice pilaf</i> <i>Baked beans</i> <i>Stewed tomatoes</i> <i>Tartar sauce</i> <i>1% Variety milk</i>	16 <i>Pork stir fry</i> <i>Brown rice</i> <i>Herbed cauliflower</i> <i>Pears</i> <i>1% Variety milk</i>	17 <i>Chicken salad sand</i> <i>Salad with ranch</i> <i>Pasta salad</i> <i>Sugar cookie</i> <i>Frozen fruit</i> <i>1% Variety milk</i>	18
19	20 <i>NO</i>  <i>SCHOOL</i>	21 <i>HAPPY NEW YEAR</i>  <i>NO SCHOOL</i>	22 <i>Ham &amp; bean soup</i> <i>Toasted cheese sand</i> <i>Carrots</i> <i>Strawberries</i> <i>1% Variety milk</i>	23 <i>Beef veg soup</i> <i>Turkey cheese sand mayo</i> <i>Broccoli salad</i> <i>Pineapple</i> <i>1% Variety milk</i>	24 <i>Chicken pasta primavera</i> <i>Green beans</i> <i>Garlic toast</i> <i>Mandarin oranges</i> <i>1% Variety milk</i>	25
26	27 <i>Chicken nuggets</i> <i>Fries/ketchup</i> <i>Corn</i> <i>Corn muffin</i> <i>Peaches</i> <i>1% Variety milk</i>	28 <i>Tuna salad sand</i> <i>Salad dressing</i> <i>Pineapple</i> <i>Vanilla ice cream</i> <i>1% Variety milk</i>	29 <i>Spaghetti w/neat sauce</i> <i>Lima beans</i> <i>Mixed fruit</i> <i>1% Variety milk</i>	30 <i>Salisbury steak</i> <i>Mashed potatoes/gravy</i> <i>Green beans</i> <i>Frozen fruit</i> <i>1% Variety milk</i>	31 <i>Fish nuggets</i> <i>Peas/carrots</i> <i>Stewed tomatoes</i> <i>Spiced peaches</i> <i>1% Variety milk</i>	

**Non-Discrimination Statement**

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# Helen Davis January 2020 K-8 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>HAPPY NEW YEAR</i>  <i>NO SCHOOL</i>	2 <i>Chicken salad sand</i> <i>Herbed cauliflower</i> <i>Pineapple</i> <i>Ice cream</i> <i>1% Variety milk</i>	3 <i>Mexican beef &amp; macaroni</i> <i>Peas &amp; carrots</i> <i>Corn muffin</i> <i>Apricots</i> <i>Chocolate pudding</i> <i>1% Variety milk</i>	4
5	6 <i>Chicken parmesan</i> <i>Garlic toast</i> <i>Corn</i> <i>Mixed fruit</i> <i>1% Variety milk</i>	7 <i>Beef stroganoff noodles</i> <i>Carrots</i> <i>Peaches</i> <i>1% Variety milk</i>	8 <i>Turkey burger on bun</i> <i>Baked beans</i> <i>Baked chips</i> <i>Applesauce</i> <i>Ketchup</i> <i>1% Variety milk</i>	9 <i>Chicken tomato bake</i> <i>Broccoli</i> <i>Strawberries</i> <i>Vanilla ice cream</i> <i>1% Variety milk</i>	10 <i>Meatloaf w/gravy</i> <i>Potato O'Brien</i> <i>Green beans</i> <i>Corn muffin/margarine</i> <i>Pears</i> <i>1% Variety milk</i>	11
12	13 <i>Hamburger on bun</i> <i>Ketchup</i> <i>Fries</i> <i>Peas</i> <i>Spiced peaches</i> <i>1% Variety milk</i>	14 <i>Rodeo macaroni</i> <i>Carrots</i> <i>Mixed fruit</i> <i>Bread margarine</i> <i>1% Variety milk</i>	15 <i>Baked fish</i> <i>Rice pilaf</i> <i>Baked beans</i> <i>Stewed tomatoes</i> <i>Tartar sauce</i> <i>1% Variety milk</i>	16 <i>Pork stir fry</i> <i>Brown rice</i> <i>Herbed cauliflower</i> <i>Pears</i> <i>1% Variety milk</i>	17 <i>Chicken salad sand</i> <i>Salad with ranch</i> <i>Pasta salad</i> <i>Sugar cookie</i> <i>Frozen fruit</i> <i>1% Variety milk</i>	18
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