

Maple Valley - January 2016 MENU

K-8

Mon	Tue	Wed	Thu	Fri
4 Honey Lemon Chicken Sweet Potatoes Spinach Rice Pilaf Mandarin Oranges Milk	5 Chicken Divan Tossed Salad/Dressing Peas WG Bread/Marg/Jelly Mixed Fruit Milk	6 Beef a Roni Kidney Beans Garlic Toast Spiced Peaches Milk	7 BQ Chicken Creamy Coleslaw 3 Bean Salad Hamb bun Pineapple Milk	8 Tuna Noodle Casserole Peas & Carrots SG Bread/Marg Apricots Milk
11 Chicken Parmesan Peas Macaroni/Tomato Sauce Fruit Cocktail Milk	12 Chicken A la King Carrots Brown Rice Spiced Apples Milk	13 STAFF WORK DAY NO STUDENTS	14 Lasagna Spinach Garlic Toast Fresh Pear Milk	15 New Dawn Ham Rotini Herbed Cauliflower Garlic Toast Pineapple Milk
18 MLK HOLIDAY NO SCHOOL	19 Roast Beef / Brown Gravy Carrots Green Beans Bread Stuffing WG Bread Pineapple Delight Cranberry Sauce Milk	20 Baked Fish Scandia Baked Beans Stewed Tomatoes Cornbread muffin/Marg Peaches Milk	21 Beef Bean Tamale Pie Yellow Squash Brown Rice Sour Cream Apricots Milk	22 Chicken Salad Gateway Tossed Salad/Dres. Pasta Salad Oatmeal Muffin Square Blueberries Milk
25 Baked Ham Carrots Scalloped Potatoes Cornbread/Marg/Jelly Banana Milk	26 Tuna Salad Sandwich Sliced Raw Tomatoes Baked Potato chips Fruit Cocktail Milk	27 Mexican Chicken/Sour Cream Black Eyed Peas Mexicali corn Pears Milk	28 Beef Vege. Soup Roast Turkey/Cheese Sand. Broccoli Salad Lettuce Tomato Spiced Peaches Milk	29 Mac Cheese Ham Bake Herbed Cauliflower Green Beans Garlic Toast Apricots Milk

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Maple Valley - January 2016 MENU

9-12

Mon	Tue	Wed	Thu	Fri
4 Honey Lemon Chicken Sweet Potatoes Spinach Rice Pilaf Mandarin Oranges Applesauce Milk	5 Chicken Divan Tossed Salad/Dressing Peas WG Bread/Marg/Jelly Mixed Fruit Strawberry Cup Milk	6 Beef a Roni Kidney Beans Garlic Toast Spiced Peaches Milk	7 BQ Chicken Creamy Coleslaw 3 Bean Salad Hamb bun Pineapple Chocolate pudding Milk	8 Tuna Noodle Casserole Peas & Carrots SG Bread/Marg Apricots Milk
11 Chicken Parmesan Peas Macaroni/Tomato Sauce Fruit Cocktail Vanilla pudding Milk	12 Chicken A la King Carrots Brown Rice Spiced Apples Milk	13 STAFF WORK DAY NO STUDENTS	14 Lasagna Spinach Garlic Toast Fresh Pear Raisins Milk	15 New Dawn Ham Rotini Herbed Cauliflower Garlic Toast Pineapple Yogurt topping Milk
18 MLK HOLIDAY NO SCHOOL	19 Roast Beef / Brown Gravy Carrots Green Beans Bread Stuffing WG Bread Pineapple Delight Pineapple Cranberry Sauce Milk	20 Baked Fish Scandia Baked Beans Stewed Tomatoes Cornbread muffin/Marg Peaches Milk	21 Beef Bean Tamale Pie Yellow Squash Brown Rice Sour Cream Apricots Applesauce Milk	22 Chicken Salad Gateway Tossed Salad/Dres. Pasta Salad Oatmeal Muffin Square Blueberries Milk
25 Baked Ham Carrots Scalloped Potatoes Cornbread/Marg/Jelly Banana Mand Oranges Milk	26 Tuna Salad Sandwich Sliced Raw Tomatoes Baked Potato chips Fruit Cocktail Pineapple Milk	27 Mexican Chicken/Sour Cream Black Eyed Peas Mexicali corn Brown Rice Pears Milk	28 Beef Vege. Soup Roast Turkey/Cheese Sand. Broccoli Salad Bkd Pot Chips Lettuce Tomato Spiced Peaches Milk	29 Mac Cheese Ham Bake Herbed Cauliflower Green Beans Garlic Toast Apricots Chocolate Pudding Milk

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