

ROLLING MEADOW ~ STUDENT LUNCH MENU

JANUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 No School Winter Break <i>Happy New Year!</i>
4 *Welcome back! Spaghetti & Meatballs w/ Italian Bread Fresh garden salad Cheesy cauliflower popcorn Fresh fruit Peaches Milk	5 BBQ Rib on Bun Fresh garden salad Refried beans Fresh fruit Rosy applesauce Milk	6 Meatloaf Mashed potatoes w/gravy Hot roll Corn Fresh fruit Pears Milk	7 Burrito French fries Fresh garden salad Fresh fruit Orange pineapple mix Milk	8 Tony's Pizza Fresh garden salad Tomato soup Fresh fruit Strawberry banana mix Milk
11 Hamburger Mac N' Cheese Fresh garden salad Broccoli cheese soup Fresh fruit Mandarin oranges Milk	12 Boston Chili Mac Fresh garden salad Southwest beans Fresh fruit Pineapple Milk	13 No School Staff Development Day	14 Cheeseburger French fries Fresh garden salad Fresh fruit Tropical fruit Milk	15 Grilled Ham & Cheese Fresh garden salad Roasted vegetables Fresh fruit Blushing pears Milk
18 No School Martin Luther King, Jr. Holiday	19 Frito Pie Fresh garden salad Texas pintos Fresh fruit Banana orange mix Milk	20 Meatloaf Mashed potatoes w/gravy Hot roll Glazed carrots Fresh fruit Peaches Milk	21 BBQ Chicken on Bun French fries Fresh garden salad Fresh fruit Applesauce Milk	22 French Dip Sandwich Fresh garden salad Fresh broccoli w/ dip Fresh fruit Pineapple Milk
25 Lasagna w/ Italian bread Fresh garden salad Cheesy cauliflower popcorn Fresh fruit Peaches Milk	26 Chili Nachos Fresh garden salad Cowboy beans Fresh fruit Rosy applesauce Milk	27 Baked Ham Mashed potatoes w/gravy Hot roll Corn Fresh fruit Pears Milk	28 Burrito French fries Fresh garden salad Fresh fruit Orange pineapple mix Milk	29 Tony's Pizza Fresh garden salad Tomato soup Fresh fruit Strawberry banana mix Milk

Due to new state regulations a complete meal must consist of at least 3 of the 5 components: Whole Grains, Meat or protein substitute, Fruit, Vegetable, and Milk