

Helen Davis January 2016 9-12 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 Baked ham Carrots Scalped potatoes Cornbread w/marg Peach cup Pineapple 1% variety milk	5 Tuna sandwich Stewed tomatoes Baked chips Pineapple 1% variety milk	6 Mexican chicken casserae Black beans Mexicali corn Pears 1% variety milk	7 Chicken hroccoli rice dish Carrots Bread w/marg Apricots 1% variety milk	8 Mac-cheese ham bake Herbed cauliflower Green beans Garlic toast Applesauce Pudding 1% variety milk	9
10	11 Macaroni w/chicken & broccoli Carrots Applesauce Oj cup Bread w/marg 1% variety milk	12 Stuppy Joe on bun Peas Salad w/ranch Peach cup Raisins 1% variety milk	13 NO SCHOOL IN_SERVICE DAY	14 BBQ chicken an bun Coleslaw 3 bean salad Fruit cocktail Choc pudding 1% variety milk	15 Tuna noodle casserole Peas & carrats Bread w/marg Apricots Applesauce cup 1% variety milk	16
17	18 NO SCHOOL	19 Cheese pizza Tossed salad w/ranch Banana Macaroni salad OJ cup 1% variety milk	20 Beef taco pie Refried beans Brown rice Carrots Raisins Blueberries 1% variety milk	21 Chili Cornbread w/marg Green beans Mandarin oranges 1% variety milk	22 Cheeseburger Sweet potato fries Lettuce-tomato Pmeapple Fruit cocktail 1% variety milk	23
24	25 New Dawn chicken Spaghetti Broccoli Peas Pudding Apricots Raisins 1% Variety milk	26 Chicken rice soup and turkey /cheese sand Tossed salad w/ranch Pineapple Peach cup Vanilla ice cream cup 1% Variety milk	27 Beef hurrito Refried beans Mixed fruit Brown rice Salsa, sour cream 1 % variety milk	28 Salishury steak Mashed potatoes w/gravy Green beans Strawberries Bread w/marg 1% variety milk	29 Macaroni and cheese Carrots Stewed tomatoes Cornbread w/marg Applesauce cup OJ cup 1% variety milk	30
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Non-Discrimination Statement

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Helen Davis January 2016 K-8 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	4 Baked ham Carrots Scalloped potatoes Cornbread w/marg Peach cup 1% variety milk	5 Tuna sandwich Stewed tomatoes Baked chips Pineapple 1% variety milk	6 Mexican chicken casserole Black beans Mexicali corn Pears 1% variety milk	7 Chicken broccoli rice dish Carrats Bread w/marg Apricats 1% variety milk	8 Mac-cheese ham bake Herbed cauliflower Green beans Garlic toast Applesauce 1% variety milk	9
10	11 Macaroni w/chicken & broccoli Carrots Applesauce Oj cup 1% variety milk	12 Sloppy Joe an bun Peas Salad w/ranch Peach cup 1% variety milk	13 NO SCHOOL IN SERVICE DAY	14 BBQ chicken an bun Coleslaw 3 bean salad Fruit cocktail 1% variety milk	15 Tuna noodle casserole Peas & carrats Bread w/marg Apricots 1% variety milk	16
17	18 NO SCHOOL	19 Cheese pizza Tossed salad w/ranch Banana OJ cup 1% variety milk	20 Beef taco pie Refried beans Brown rice Carrots Blueberries 1% variety milk	21 Chili Cornbread w/marg Green beans Mandarin oranges 1% variety milk	22 Hamhurger Sweet potato fries Lettuce-tomato Pineapple 1% variety milk	23
24	25 New Dawn chicken Spaghetti Broccoli Peas Pudding Raisins 1% Variety milk	26 Chicken rice soup and 1/2 turkey sand Tossed salad w/ranch Pineapple Vanilla ice cream cup 1% Variety milk	27 Beef burrito Refried beans Mixed fruit Brown rice Salsa, sour cream 1 % variety milk	28 Salisbury steak Mashed potatoes w/gravy Green beans Strawberries Bread w/marg 1% variety milk	29 Macaroni and cheese Carrats Stewed tomatoes Cornbread w/marg Applesauce cup 1% variety milk	30
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