

JANUARY 2018

FRIESS LAKE SCHOOL DISTRICT LUNCH MENU



Menu subject to change. Lunch Price is \$2.65. All meals come with choice of low-fat or skim milk; ala carte milk is 25¢. Fresh Apples offered as a daily fruit choice.

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan No School Today	2-Jan Soft Shell Taco with Meat or PB&J & String Cheese Tossed Romaine Salad Seasoned Black Beans Corn Fruit Cocktail	3-Jan Sweet & Sour Chicken or Turkey & Cheese Roll-up Tossed Romaine Salad Steamed Rice Broccoli Pineapple Tidbits	4-Jan Hamburger or Cheeseburger or Yogurt & Bagel Tossed Romaine Salad Broccoli Salad Mandarin Oranges Onion Rings	5-Jan Fish Melt Sandwich or BBQ Rib Sandwich Tossed Romaine Salad Tator Tots Applesauce Coleslaw
8-Jan <i>Ain't Nothin' But A</i> Hot Dog or PB&J & String Cheese <i>Rock-n-Roll</i> Romaine Salad <i>Blue Suede Shoe</i> -string Fries <i>All Shook Up</i> Mixed Fruit <i>The King</i> Cookie Elvis Presley's Birthday	9-Jan BBQ Pulled Pork Sandwich or Ham & Cheese Bagel Tossed Romaine Salad Oven Roasted Squash Garden Green Peas Pear Slices	10-Jan Spaghetti & Meatballs or Turkey & Cheese Roll-up Tossed Romaine Salad California Blend Vegetables Fruit Medley Garlic Bread	11-Jan Eggs & French Toast Sticks or Yogurt & Banana Bread Breakfast Potatoes Fresh Banana Sunset Sip Juice	12-Jan Grilled Cheese or Spicy Chicken Sandwich Tossed Romaine Salad Tomato Soup Fresh Veggies Peach Slices National Soup Month
15-Jan Mini Corn Dogs or PB&J & String Cheese Tossed Romaine Salad Country Mixed Vegetables Baked Beans Pear Slices	16-Jan Beef Ravioli or Build-Your-Own Pizzable Tossed Romaine Salad Garden Green Peas Fresh Apple Slices Garlic Bread	17-Jan Breaded Chicken Sandwich or Ham & Cheese Bagel Tossed Romaine Salad Glazed Carrots Fruit Medley Birthday Treat Happy January Birthdays	18-Jan Chicken Nuggets or Yogurt & Muffin Tossed Romaine Salad Corn Peach Slices Sliced Wheat Bread	19-Jan Cheese Dunkers & Sauce or Turkey & Cheese Bagel Tossed Romaine Salad Assorted Fresh Vegetables Pineapple Tidbits Sherbet Cup
22-Jan Sloppy Joe Sandwich or Turkey & Cheese Roll-up Tossed Romaine Salad Green Beans Applesauce Baked Lays	23-Jan Chicken Quesadilla or PB&J & String Cheese Tossed Romaine Salad Black Bean & Corn Salad Mandarin Oranges Tortilla Chips & Salsa	24-Jan Pepperoni Pizza or Yogurt & Muffin Tossed Salad CA Blend Veg Pear Slices Pudding National Compliment Day	25-Jan Oodles of Noodles with Alfredo or Chicken Strips Tossed Romaine Salad Steamed Broccoli Peach Slices Soft Breadstick	26-Jan Chicken & Gravy or Chef Salad Tossed Romaine Salad Mashed Potatoes Pineapple Tidbits Sliced Wheat Bread
29-Jan Popcorn Chicken or PB&J & String Cheese Tossed Romaine Salad Sweet Potato Bake Pear Slices Dinner Roll	30-Jan Grilled Chicken Sandwich or Ham & Cheese Roll-up Tossed Romaine Salad Steamed Rice Mandarin Spinach Salad Fresh Grapes	Ham & Cheese on Pretzel Bun or Build-Your-Own Pizzable Tossed Romaine Salad Cheesy Potatoes Steamed Broccoli Fruit Cocktail		

This institution is an equal opportunity provider and employer.