

<b>January-19</b>				
<b>SCCTC</b>				
	1	2	3	4
	<b>Happy New Year</b>	<b>No School</b>	Chicken & noodles/roll Cheeseburger deli wrap green beans/ m.p. Fruit or Juice Lowfat Milk	Italian Dunkers/sauce chicken sandwich Burrito Oven Fries Fruit or Juice Lowfat Milk
7	8	9	10	11
Steak & cheese Cheeseburger Submarine Baked Beans Fruit or Juice Lowfat Milk	Corndog Spicy Chicken Deliwrap Mixed Veggies Fruit or Juice Lowfat Milk	B/B/Q Chicken Pizza Cheeseburger Turkey Sandwich Corn Fruit or Juice Lowfat Milk	salisbury steak/roll Chicken Sandwich deli wrap Ranch potatoes/ gr. Bean Fruit or Juice Lowfat Milk	Queso Chicken Cheeseburger Submarine Oven Fries Fruit or Juice Lowfat Milk
14	15	16	17	18
Quesadilla Chicken Sandwich Club Sandwich mixed veggies Fruit or Juice Lowfat Milk	Hot Dog/ Sauce Cheeseburger Hot Ham and Cheese Baked Beans Fruit or Juice Lowfat Milk	Pizza chicken sandwich Turkey Sandwich Mixed Veggies Fruit or Juice Lowfat Milk	Baked Spaghetti/breadstix Cheeseburger deli wrap Corn Fruit or Juice Lowfat Milk	Pretzel/cheese chicken sandwich Burrito Oven Fries Fruit or Juice Lowfat Milk
21	22	23	24	25
Martin Luther king Day No School	Chili/ PBJ Chicken sandwich Deliwrap corn Fruit or Juice Lowfat Milk	<i>Pizza</i> Cheeseburger Submarine Baked Beans Fruit or Juice Lowfat Milk	Meatloaf/ biscuit Chicken Sandwich Turkey sandwich M.P./ Green Beans Fruit or Juice Lowfat Milk	Italian Dunkers/sauce Cheeseburger ham & cheese Oven Fries Fruit or Juice Lowfat Milk
28	29	30	31	
Lasagna / Breadstix Chicken Sandwich turkey sandwich Corn Fruit or Juice Lowfat milk	chicken taco Cheeseburger Ham & Cheese Baked Beans Fruit or Juice Lowfat Milk	Pizza chicken sandwich Submarine Smiley fries Fruit or Juice Lowfat Milk	<i>Chicken &amp; noodles/roll</i> Cheeseburger deli wrap M.P./ Green Beans Fruit or Juice Lowfat Milk	
<b>Lunch includes 1 cup fruit and 1 cup vegetable</b>		Extra Entrée \$1.75	Subject to change without notice	
Lowfat Skim Milk and Lowfat flavors				
<i>In Accordance with Federal Law and USDA policy, this Program is an equal opportunity provider.</i>				
<b>Vegetable Sub Categories</b>				Adults.....\$3.75
<b>Green Leafy Veggies</b>	<b>Red-Orange Vegetables</b>	<b>Beans/Legumes</b>	<b>Starchy Vegetables</b>	<b>Other</b>
Romaine Lettuce	Carrots	Baked Beans	Potatoes	Green Beans
Broccoli	tomato juice/tomatoes	Refried Beans	Peas	Cole Slaw
spinach	Salsa	Pinto Beans	Corn	celery
	Sweet Potatoes			cucumbers
Questions or comments call 259-6768				
Cindy Gullett Melvin				
<i>Adult Meals are not supported by Federal Funds received into this Program.</i>				