




K-8 LunchSmart Menu January 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Bananas	January 1 	January 2 NO SCHOOL	January 3 NO SCHOOL	January 4 NO SCHOOL	January 5 NO SCHOOL
Spotlight Fruit of the Week: Fresh Pears	January 8 Chicken Parmesan Sandwich on a Bun* Broccoli Florets Fruit	January 9 Chicken Nuggets* with Twisted Garlic Breadstick* & BBQ Dipping Sauce Baby Carrots Fruit	January 10 Beef Sloppy Joe on a Bun* Oven-Baked Spiral-Cut French Fries Fruit	January 11 Chicken Corn Dog* Kettle-Baked Beans Fruit	January 12 Toasted Mozzarella Cheese Sandwich Italiano* with Beef Vegetable Soup* Sliced Carrots Pears
Spotlight Fruit of the Week: Grapes	January 15 NO SCHOOL	January 16 BBQ Rib Sandwich on a Bun* ^A Corn Fruit	January 17 Greek-Style Chicken & Honey Wheat Dinner Roll* Brown Rice* Green Beans Cookie* Fruit	January 18 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* L Broccoli Florets Fruit	January 19 Cheese French Bread Pizza* Baby Carrots Strawberry-Kiwi Slushie Pears
Spotlight Fruit of the Week: Bananas	January 22 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Fruit	January 23 Beef Fajitas with Torillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Fruit	January 24 Breaded Chicken Sandwich* with Lettuce & Tomato Marinated Three-Bean Salad Corn Fruit	January 25 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Fruit	January 26 Extra Cheesy Pizza* Capri Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	January 29 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Fruit	January 30 Huli Huli Chicken with Polynesian Rice* Mini Kuumala (Sweet Potatoes) Strawberry Mango Slushie Fruit 	January 31 Bosco Stick* with Marinara Dipping Sauce Green Beans Fruit		

What's Up, Doc?

Regular checkups are part of your prescription for good health. Even if you are scared to go to the doctor or believe it's a hassle, don't put periodic medical exams on hold. You can find and treat health problems early, save money on medical bills down the road, and develop a relationship with your doctor. Make this a New Year's resolution.

Served Each Day: Salad / Fresh Fruit / Sunbutter & Jelly Sandwich* with Yogurt / Skim and 1% White Milk Plus Fat-Free Chocolate Milk

*=Item contains whole grains / L=Locally sourced

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

Celebrate Polynesia with Ceres on January 30!