



January 2019 Ionia High School



Student Lunch \$2.55 Milk Only \$0.35 Adult Lunch \$3.85

Your lunch includes: An entrée with protein and whole grains, vegetable side dish, fruit side dish, and a choice of milk.
Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.
Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
Available Daily: Hamburger or Cheeseburger Chicken Nuggets, Taco Salad, Chicken Chicken Salad and Pizza	Available Daily: Baked French Fries, Canned and Fresh Fresh Fruit, Romaine Blend, Carrots, Cucumbers and Tomatoes		Visit Our Website: https://www.ioniaschools.org/departments/food-services	
7	8	9	10	11
Chicken Tenders & Roll Mashed Potatoes Sliced Peaches	Chicken Alfredo & Rotini Broccoli Diced Pears	Soft Shell Taco Refried Beans Tropical Mixed Fruit	Mini Corndogs Goldfish Crackers Golden Corn Pineapple	Chicken & Waffles Tator Tots Fruit Cocktail
14	15	16	17	18
Chicken Quesadilla Seasoned Black Beans Mandarin Oranges	Grilled Cheese Tomato Soup Peaches	Pull Apart Cheese Bread Green Beans Pears	HALF DAY	HALF DAY
21	22	23	24	25
Lasagna Roll Up Garlic Bread Green Beans Tropical Mixed Fruit	Chicken Smackers Dinner Roll Mashed Potatoes Pineapple	Sloppy Joe on Bun French Fries Fruit Cocktail	Chili Dog on Bun Baked Beans Mandarin Oranges	Bosco Breadsticks Marinara Sauce Garden Peas Peaches
28	29	30	31	1
Chicken Nuggets Dinner Roll Mashed Potatoes Pears	French Toast Sticks & Sausage Sweet Potato Tots Tropical Mixed Fruit	Soft Shell Taco Refried Beans Pineapple	Pepperoni Calzone Green Beans Fruit Cocktail	Teriyaki Chicken Asian Bowl "Fried" Rice Asian Blend Veggies Mandarin Oranges

A new Free & Reduced Application must be filled out EVERY year! Visit www.lunchapp.com or ask your school office for a paper app!



Questions? Comments?
twnelson@ioniaschools.org
or call Food Service at
527-1731
Tracy Nelson, Food Service
Director

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