

Shepaug Valley School Lunch Menu

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily Price of Lunch: Full Price: 3.00 Reduced : .40 Adult Lunch Price: 3.75	Milk Served Daily: Fat Free Chocolate Skim 1% Ala cart Milk Price:					
		1 Happy New Year!	2 Pork Rib A Que on WG Roll Tortilla Chips & Salsa Pickled Beets Chilled Applesauce Milk Choice	3 Chicken Quesadilla Salsa/FF Sour Cream Black Bean & Corn Pineapple Chunks 100% Fruit Juice Milk Choice	4 French Bread Pizza Raw Baby Carrots Chickpea Salad Fresh Banana 100% Fruit Juice Milk Choice	5
6	7 Chicken Nuggets Seasoned WG Noodle Steamed Broccoli Chilled Applesauce 100% Fruit Juice Milk Choice	8 Sloppy Joe /Roll Tostitos w/ salsa Steamed Corn Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	9 WG Spicy Chicken Patty on WG Roll Baked Beans Three Bean Salad Fresh Orange Milk Choice	10 Hot Meatballs WGR Grinder Roll Coleslaw Celery Sticks Pineapple Chunks Milk choice	11 Stuffed Crust Pizza Garden Salad W/ Lite Ranch Baby Carrots Chilled Pears Milk Choice	12
13	14 Hamburger On WG Roll Tortilla Chips & Salsa Three Bean Salad Chilled Fruit Cocktail Milk Choice	15 Cheese Calzone Marinara Sauce Steamed Broccoli Chilled Applesauce 100% Fruit Juice Milk Choice	16 Popcorn Chicken Seasoned Noodles Steamed Green Beans Fresh Orange Milk Choice	17 WGR Totally Tacos Salsa/Lite Sour Cream Brown Rice Steamed Corn Chilled Pears Milk Choice	18 Personal Pizza Raw Baby Carrots Chickpea Salad Fresh Banana 100% Fruit Juice Milk Choice	19
20	21 MLK Day	22 WG Chicken Patty On Whole Grain Roll Seasoned Potatoes Mixed Vegetables Chilled Pears Milk Choice	23 WG Macaroni & Cheese Steamed Green Beans WG Bread Stick Chilled Mixed Berries 100% Fruit Juice Milk Choice	24 Breaded Mozzarella Stick W/ Sauce Steamed Broccoli WG Bread Stick Chilled Fruit Cocktail Milk Choice	25 French Bread Pizza Raw Baby Carrots Chickpea Salad Fresh Orange 100% Fruit Juice Milk Choice	26
27	28 Teriyaki Dippers Seasoned Brown Rice Steamed Carrots WG Dinner Roll Chilled Fruit cocktail Milk Choice	29 Chicken Fajitas Peppers & Onions Seasoned Brown Rice Black Bean & Corn Pineapple Chunks Milk Choice	30 BBQ Chicken Bits Baked Beans Cole Slaw Warm Corn Bread Chilled Pears 100% Fruit Juice Milk Choice	31 WG Macaroni & Ground Beef WG Garlic Knot Garden Salad w/ Lite Ranch Dressing Fresh Orange Milk Choice		Daily Alternate: Large Salad Hummus & Vegetable Assorted Sandwiches Assorted Wraps