

JANUARY SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
	Stable Sunflower Seeds, Yogurt, Cracker, Juice, Applesauce, Milk	Cheeseburger w/ Fries (2M,2G, 1/2c veg)	Chicken Tamale w/ Mixed Vegetables (2M,2G, 1/2c veg)	Pizza Bites w/ Marinara (2M,2G)
12	13	14	15	16
Grilled Cheese (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G)	Pepperoni Pizza w/ Baby Carrots	Cheese Pizza Kit (V) (2M/2G)	Cheese Lasagna (2M/1G, 1/2 c veg)
19	20	21	22	23
MLK No School	Stable Sunflower Seeds, Yogurt, Cracker, Juice, Applesauce, Milk	Cheeseburger w/ Fries (2M,2G, 1/2c veg)	Chicken Tamale w/ Mixed Vegetables (2M,2G, 1/2c veg)	Pizza Bites w/ Marinara (2M,2G)
26	27	28	29	30
"P"B&J Sandwich Kit (V) (2M/2G)	Chicken Bites w/ Mashed Potatoes (2M/1G)	Pepperoni Pizza (2M/2G)	Cheese Pizza Kit (V) (2M/2G)	Sunflower Seed & String Cheese Kit (V) (2M/2G)
Supper Includes:		Featured Fruit:		RevUp Rewards:
Choice of 1% or Fat Free Milk 1/2 cup Fruit & 1/2 cup Vegetable included with each meal. (V) Vegetarian *All grains are wholegrain rich		Monday: Juice or Apple Tuesday: Apple or Pear Wednesday: Orange Thursday: Apple Slices Friday: Apple or Raisins		Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards

