

January 2018

Garden County Schools

LUNCH



This menu is subject to change.
This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL
TEACHER IN SERVICE 3

Shredded BBQ Chicken, Bun 4
Cheesy Broccoli
Red Pepper Strips
Pineapple
Juice
Cake, Milk

Goulash 5
Baby Carrots
Bean Salad
Pears
Fresh Fruit
Bread Stick, Milk

Orange Chicken, Rice 8
Peas
Cauliflower Florets
Mandarin Oranges
Fresh Fruit
Egg Roll, Milk

Breaded Pork Patty, Bun 9
Green Beans
Sweet Potato Wedges
Applesauce
Juice
Cookie, Milk

Turkey Gravy 10
Biscuit
Dilled Carrots
Celery Sticks
Peaches
Fresh Fruit, Milk

Chicken Enchilada 11
Lettuce, Diced Tomato
Refried Beans
Tropical Fruit
Juice
Rice Pilaf, Milk

Shepherds Pie 12
Romaine Lettuce
Cherry Tomatoes
Fruit Cocktail
Fresh Fruit
Bread, Milk

NO SCHOOL 15

Chicken & Noodles 16
Mashed Potatoes
Green Beans
Mandarin Oranges
Juice
Bread, Milk

Fiestada Pizza 17
Lettuce, Diced Tomatoes
Corn
Bean Salad
Pears
Fresh Fruit, Milk

Breaded Beef Stick 18
Irish Potatoes
Squash
Pineapple
Juice
Bread, Milk

Chicken Patty, Bun 19
Cheesy Broccoli
Baby Carrots
Peaches
Fresh Fruit
Cereal Treat, Milk

NO SCHOOL 22

Turkey Casserole 23
Dilled Carrots
Broccoli
Mandarin Oranges
Juice
Bread Stick, Milk

Super Beef Nacho 24
Corn
Red Peppers
Cinnamon Apples
Fresh Fruit
Milk

Chicken 25
Creamed Potatoes & Peas
Celery
Strawberry Cup
Juice
Biscuit, Milk

French Dip 26
Sweet Potato Wedges
Pork & Beans
Fruit Cocktail
Fresh Fruit
Milk

Spaghetti 29
Corn
Green Pepper
Tropical Fruit
Fresh Fruit
Garlic Bread, Milk

Chicken Fajita 30
Lettuce, Salsa
Refried Beans
Pineapple
Juice
Rice Pilaf, Milk

BBQ Pork, Bun 31
French Fries
Celery Sticks
Applesauce
Fresh Fruit
Brownie, Milk

