



# JANUARY | 2017

## Marian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Cheeseburger 1 ea Or Chicken shapes Tater tots 6 ea Green beans 1 c Fruit 1 c	<b>6</b> Cheese Quesadilla 1 ea Or Fish Sandwich Red beans and rice 1 c Corn 1c Fruit 1 c
<b>9</b> Hot dog 1 ea Ham and cheese Sandwich 1 Baked Beans 1 c Malibu Blend 1 c Fruit 1 c	<b>10</b> Stuffed Pizza 1 ea Or Hot dog 1 ea Spinach Salad 1 c Carrots ¾ c Fruit 1 c	<b>11</b> Tacos 1 ea Or Pizza 1 ea Lettuce tomato ½ c Black bean salsa 1 c Chips 1 ea Fruit 1 c	<b>12</b> Gen Tso 2 oz Or Taco 1 ea Rice ½ c Broccoli 1 c Fruit 1 c Roll 1 ea	<b>13</b> Lasagna 1 ea Or Shrimp poppers 2 oz Green beans 1 c Salad 1 c Fruit 1 c Garlic Bread 1 ea
<b>16</b> MLK	<b>17</b> Marco's Pizza 1 ea Or Chef's Choice Salad 1 c Carrots ¾ c Fruit 1 c	<b>18</b> Salisbury Steak 1 ea Or Pizza 1 ea Mashed potatoes 1 c Gravy 1 oz Peas 1 c Fruit 1 c Roll 1 ea	<b>19</b> Fajitas 2 oz Or Salisbury Steak 1 ea Lettuce ¼ c Black Beans 1 c Cheese/sour cream 1oz ea Fruit ½ c	<b>20</b> Mac n cheese 6 oz Or Lasagna 1 ea Salad 1 c Malibu Blend 1 c Fruit 1 c Garlic bread 1 ea
<b>23</b> Teriyaki Chicken 3 oz Or cheeseburger 1 ea Rice ½ c Broccoli 1 c Fruit 1 c	<b>24</b> Bosco Sticks 2 ea Or Teriyaki Chicken 3oz Salad 1 c Green Beans ½ c Fruit 1 c	<b>25</b> Chicken Nachos 2 oz Or Bosco sticks 2 ea Lettuce/tomatoes ½ c Refried Beans 1 c Chips 1 ea Fruit 1 c Cheese/sour cream 1 oz ea	<b>26</b> Upper Crust Pizza 1 ea Or chicken Nachos 2 oz Carrots ¾ c Corn 1 c Fruit 1c	<b>27</b> Fish Sandwich 1 ea Or Cheese Quesadilla 1 ea Italian Blend 1 c Salad 1 c Fruit 1 c
<b>30</b> Chicken Patty Sandwich 1 ea Or Ham/cheese on pretzel 1 Green Beans 1 c Fruitable 1 ea Fruit 1 c	<b>31</b> Pizza 1 ea Or Chicken Patty Sandwich Spinach Salad 1 c Carrots ¾ c Fruit 1 c			

### News

**Skim White milk or fat free chocolate milk served daily with lunch**

**Enjoy our salad bar daily**

**Sub line is open most Tuesday, Wednesday, and Thursdays.**

**Check out the Snack Shack**

**Soft Serve is BACK**