

# Monroe City R-1 School District

## MS HS LUNCH

Jan 25, 2018

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### SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 29 chili cheese dog ham & cheese cauliflower/ch sauce corn fresh fruit PEARS COWBOY COOKIES MILK - Variety	Jan - 30 teriyaki chicken/rice cheeseburger peas carrots peaches fresh fruit MILK - Variety	Jan - 31 bbq rib corndog COLE SLAW baked beans mandarin orange slices ranger cookie fresh fruit MILK - Variety	Feb - 1 pasta bake HS turkey sandwich green beans cauliflower HS garlic bread pears fresh fruit MILK - Variety	Feb - 2 PIZZA WITH CHEESE chicken patty mixed veg veg. tray/dip fruit cocktail fresh fruit ranger cookie MILK - Variety
Feb - 5 NO SCHOOL TODAY staff development/no s	Feb - 6 chicken patty ham & cheese beets green beans apple slices fresh fruit MILK - Variety	Feb - 7 Breakfast for Lunch cheeseburger Tator Tots green beans corn mandarin orange slices fresh fruit MILK - Variety	Feb - 8 chicken wrap lettuce/tomato chicken patty peas carrots PEARS fresh fruit MILK - Variety	Feb - 9 bbq rib corndog COLE SLAW baked beans pineapple chunk ranger cookie fresh fruit MILK - Variety
Feb - 12 pub steak burger corndog LETTUCE & TOMATO broccoli H.S./cheese carrots fresh fruit PEARS MILK - Variety	Feb - 13 Chicken breaststrips hamburger INSTANT MASHED P gravy Bread/ Butter corn peaches fresh fruit MILK - Variety	Feb - 14 pretzel/cheese turkey sandwich green beans cauliflower HS broccoli'n'Cheese apple slices fresh fruit CHOCOLATE CHIP C MILK - Variety	Feb - 15 spaghetti/meatsauce cheeseburger BREAD STICK SALAD, TOSSED mixed veg pineapple chunk fresh fruit MILK - Variety	Feb - 16 FISH STICK cheeseburger coleslaw green beans mandarin orange slices MILK - Variety
Feb - 19 HOLIDAY NO SCHOOL TODAY	Feb - 20 teriyaki chicken/rice bbq rib beets mixed veg peaches fresh fruit MILK - Variety	Feb - 21 cheeseburger ham & cheese FRENCH FRIES cauliflower/ch sauce green beans mandarin orange slices fresh fruit MILK - Variety	Feb - 22 tacos cheeseburger lettuce/tomato corn broccoli fruit cocktail fresh fruit MILK - Variety	Feb - 23 PIZZA WITH CHEESE chicken patty mixed veg veg. tray/dip pears fresh fruit OATMEAL COOKIES MILK - Variety
Feb - 26 chili cheese dog turkey sandwich peas cauliflower/ch sauce PEARS fresh fruit MILK - Variety	Feb - 27 chicken nuggets bbq rib INSTANT MASHED P Bread/ Butter CARROTS broccoli H.S./cheese peaches fresh fruit MILK - Variety	Feb - 28 corndog turkey sandwich green beans baked beans mandarin orange slices fresh fruit MILK - Variety	Mar - 1 SUPER BEEF NACHO turkey sandwich lettuce/tomato corn BLK BEANS N RICE pineapple chunk fresh fruit MILK - Variety	Mar - 2 TUNA SALAD SANDW grilled cheese cheeseburger broccoli'n'Cheese peas apple slices fresh fruit COWBOY COOKIES MILK - Variety

"This Institution is an equal opportunity provider".

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.