

Monroe City R-1 School District

MS HS LUNCH

Dec 21, 2018

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SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7 staff development/no s	Jan - 8 chicken patty HAMBURGER ON W FRENCH FRIES green beans cauliflower/ch sauce fruit cocktail Fresh Fruit Assortment MILK - Variety	Jan - 9 corndog turkey sandwich BAKED BEANS peas mandarin orange slices Fresh Fruit Assortment CHOCOLATE CHIP C MILK - Variety	Jan - 10 SUPER BEEF NACHO chicken patty lettuce/tomato corn SPANISH RICE PEARS Fresh Fruit Assortment MILK - Variety	Jan - 11 pub steak burger ham & cheese LETTUCE & TOMATO sack lunch broccoli H.S./cheese carrots peaches Fresh Fruit Assortment ranger cookie MILK - Variety
Jan - 14 SALISBURY STEAK INSTANT MASHED P brown gravy Bread / Butter cauliflower/ch sauce mixed veg PEARS Fresh Fruit Assortment MILK - Variety	Jan - 15 teriyaki chicken/rice ham & cheese broccoli carrots peaches Fresh Fruit Assortment MILK - Variety	Jan - 16 bbq rib turkey sandwich COLE SLAW green beans PINEAPPLE CHUNKS Fresh Fruit Assortment MILK - Variety	Jan - 17 chili HAMBURGER ON W cheese stick corn CINNAMON ROLLS apple slices Fresh Fruit Assortment MILK - Variety	Jan - 18 crisпитos bbq rib REFRIED BEANS SALAD, TOSSED mandarin orange slices Fresh Fruit Assortment COWBOY COOKIES MILK - Variety
Jan - 21 HOLIDAY NO SCHOOL TODAY	Jan - 22 Chicken breaststrips Meat Loaf INSTANT MASHED P gravy Bread / Butter carrots peas apple slices Fresh Fruit Assortment MILK - Variety	Jan - 23 BBQ Chicken Sandwic crisпитos BAKED BEANS corn pineapple chunk Fresh Fruit Assortment MILK - Variety	Jan - 24 SPAGHETTI AND ME turkey sandwich bread sticks SALAD, TOSSED cauliflower/ch sauce PEARS Fresh Fruit Assortment MILK - Variety	Jan - 25 Tony's Pizza Variety ham & cheese green beans Vege Tray / Dip peaches Fresh Fruit Assortment OATMEAL COOKIES MILK - Variety
Jan - 28 COUNTRY FRIED ST Chicken breaststrips INSTANT MASHED P gravy Bread / Butter mixed veg broccoli'n'Cheese apple slices Fresh Fruit Assortment MILK - Variety	Jan - 29 chicken patty turkey sandwich LETTUCE & TOMATO cauliflower/ch sauce peas mandarin orange slices Fresh Fruit Assortment MILK - Variety	Jan - 30 cheeseburger bbq rib LETTUCE & TOMATO carrots green beans peaches Fresh Fruit Assortment MILK - Variety	Jan - 31 chicken wrap ham & cheese lettuce/tomato corn PEARS Fresh Fruit Assortment MILK - Variety	Feb - 1 turkey sandwich cheeseburger LETTUCE & TOMATO POTATO CHIPS BAK Vege Tray / Dip pineapple chunk Fresh Fruit Assortment CHOCOLATE CHIP C 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.