

Monroe City R-1 School District

MS HS LUNCH

Jan 31, 2019

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SALAD, VEGE. TRAYS & FRESH FRUIT OFFERED DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 4 staff development/no s	Feb - 5 chicken nuggets cheeseburger MACARONI AND CHE baked beans pineapple chunk Fresh Fruit Assortment MILK - Variety	Feb - 6 pretzel/cheese ham & cheese carrots broccoli H.S./cheese peaches Fresh Fruit Assortment ranger cookie MILK - Variety	Feb - 7 Meat Loaf HAMBURGER ON W INSTANT MASHED P brown gravy Bread / Butter green beans apple slices fresh fruit MILK - Variety	Feb - 8 Tony's Pizza Variety cheeseburger SALAD, TOSSED cauliflower/ch sauce mandarin orange slices Fresh Fruit Assortment CHOCOLATE CHIP C MILK - Variety
Feb - 11 chili cheese dog cheeseburger FRENCH FRIES broccoli H.S./cheese carrots Fresh Fruit Assortment PEARS MILK - Variety	Feb - 12 Chicken breaststrips turkey sandwich INSTANT MASHED P gravy Bread / Butter green beans mixed veg Fresh Fruit Assortment mandarin orange slices MILK - Variety	Feb - 13 bbq rib chicken patty COLE SLAW BAKED BEANS Fresh Fruit Assortment fruit cocktail OATMEAL COOKIES MILK - Variety	Feb - 14 tacos turkey sandwich lettuce/tomato corn SPANISH RICE CHERRY CRISP peaches Fresh Fruit Assortment MILK - Variety	Feb - 15 Fish Wedge bbq rib MAC & Cheese baked beans COWBOY COOKIES pineapple chunk Fresh Fruit Assortment MILK - Variety
Feb - 18 SALISBURY STEAK chicken patty INSTANT MASHED P brown gravy Bread / Butter cauliflower/ch sauce mixed veg PEARS Fresh Fruit Assortment MILK - Variety	Feb - 19 chicken patty HAMBURGER ON W FRENCH FRIES green beans CARROTS fruit cocktail Fresh Fruit Assortment MILK - Variety	Feb - 20 hot ham & cheese turkey sandwich LETTUCE & TOMATO POTATO CHIPS BAK carrots green beans mandarin orange slices Fresh Fruit Assortment MILK - Variety	Feb - 21 Tator Tot Casserole bbq rib Bread / Butter peas Fresh Fruit Assortment apple slices MILK - Variety	Feb - 22 BAKED POTATO ham & cheese Baked Potato Condime peas broccoli OATMEAL COOKIES peaches Fresh Fruit Assortment MILK - Variety
Feb - 25 COUNTRY FRIED ST Chicken breaststrips INSTANT MASHED P gravy Bread / Butter mixed veg cauliflower HS apple slices Fresh Fruit Assortment MILK - Variety	Feb - 26 teriyaki chicken/rice ham & cheese broccoli carrots peaches Fresh Fruit Assortment MILK - Variety	Feb - 27 Meatball Sub turkey sandwich LETTUCE & TOMATO POTATO CHIPS BAK peas green beans pears Fresh Fruit Assortment MILK - Variety	Feb - 28 SUPER BEEF NACHO chicken patty lettuce/tomato corn mandarin orange slices Fresh Fruit Assortment MILK - Variety	Mar - 1 Chef Salad Tuna Salad Sandwich green beans ranger cookie pineapple chunk Fresh Fruit Assortment 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.