

# Monroe City R-1 School District

## MS HS LUNCH

Jan 8, 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 4 Staff Development No School Today	Jan - 5 Chicken Nuggets cheesy mashed potato Peas peaches MILK - Variety	Jan - 6 Tony's Pizza Variety SALAD, TOSSED Fresh Fruit Assortment MILK - Variety	Jan - 7 bbq rib BAKED BEANS PINEAPPLE CHUNKS MILK - Variety	Jan - 8 Corn Dog Green Beans mandarin orange slices Snickerdoodles MILK - Variety
Jan - 11 chili cheese dog Corn pears MILK - Variety	Jan - 12 Chicken Breaststrips Mashed Potatoes Gravy/ White Green Beans Bread / Butter peaches MILK - Variety	Jan - 13 Waffle/Sausage Patty Vegetable Juice fresh fruit fruit juice MILK - Variety	Jan - 14 SUPER BEEF NACHO lettuce/tomato SPANISH RICE PINEAPPLE CHUNKS MILK - Variety	Jan - 15 Cheeseburger LETTUCE & TOMATO Peas ranger cookie MILK - Variety
Jan - 18 HOLIDAY NO SCHOOL TODAY	Jan - 19 Chicken Patty LETTUCE & TOMATO Broccoli pineapple chunk fresh fruit MILK - Variety	Jan - 20 Bcn Egg Cheese Wrap Yogurt Fresh Fruit Assortment Vegetable Juice MILK - Variety	Jan - 21 Spaghetti & Meat Sauc Bread Sticks Corn peaches MILK - Variety	Jan - 22 Hot Ham & Cheese POTATO CHIPS BAK california blend PEARS Chocolate Chip Cookie MILK - Variety
Jan - 25 SALISBURY STEAK Mashed Potatoes BROWN GRAVY Bread / Butter Green Beans peaches MILK - Variety	Jan - 26 Teriyaki Chicken/Rice Broccoli pineapple chunk fresh fruit MILK - Variety	Jan - 27 French Toast Combo Vegetable Juice fresh fruit Yogurt MILK - Variety	Jan - 28 Tator Tot Casserole Green Beans PEARS fresh fruit MILK - Variety	Jan - 29 Crispitos Corn mandarin orange slices 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.**