



Gilles Sweet

# January 2019

## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL

**NO SCHOOL 1**

**NO SCHOOL 2**

**3**  
Roadhouse Burger  
French Fries  
Baked Apples

**4**  
Tony's French Bread  
Pizza  
Steamed Broccoli

**7**  
Stuffed  
Cheeseburger  
Vegetable Malibu

**8**  
Take out Tuesday  
Sweet & sour  
chicken  
Rice  
Asian Vegetables

**9**  
Beef Burrito Bowl  
Fiesta Chicken bowl  
Black Beans  
Sour cream

**10**  
Tyson Chicken  
Nuggets  
Sweet Potato FF  
Celery sticks  
Roll

**11**  
Bosco Cheese  
Sticks  
With dipping sauce  
Steamed corn

**14**  
Italian Meatball  
Sub  
Vegetable blend  
Malibu

**15**  
Beef soft taco  
Black Beans  
Mexican Rice

**16**  
Crispy Golden  
Wings  
Sweet potato FF  
Roll

**17**  
Loaded  
Chili Baked Potato  
Topped with cheese &  
Fritos  
Celery sticks

**18**  
**NO SCHOOL**

**21**  
**NO SCHOOL**

**22**  
BBQ chicken  
Sandwich  
Coleslaw  
Mandarin oranges

**23**  
Cheese Quesadilla  
Black beans  
Salsa & sour cream

**24**  
Breaded Chicken  
sandwich  
French Fries  
Baked apples

**25**  
Boars Head  
Turkey Club  
sandwich  
Garden Salad  
Assorted slushies

**28**  
Chicken Alfredo  
Pasta with meatballs  
Vegetable blend  
Malibu

**29**  
Walking Taco  
Black beans  
Lett, tom & cheese  
Sour cream

**30**  
Tyson  
Baked Chicken  
drumstick  
Sweet Potato FF  
Roll, celery sticks

**31**  
Roadhouse Burger  
French Fries  
Baked Apples

## Announcements

### Daily lunch options:

- Yogurt Parfait meal
- Salad Bar
- Hummus & Veggie platter
- Grilled cheese
- PB & J
- Tomato soup

## Meal Prices

- Students: \$2.65
- Adults: \$4.10
- Milk: \$.50