


A Minimum of One Fruit or Vegetable is required for a reimbursable meal



**January 2018
Metro Lunch Menu**

Daily Milk offered includes 1%, skim, or skim chocolate

All meals include milk, fruit, vegetable, grain, meat/meat alternative

January 1	January 2	January 3	January 4	January 5
No School	Lasagna Roll Up w/ Garlic Toast Sides: Pears Applesauce Sweet Potato Fries Mixed Vegetables	Creamy Mac & Cheese w/ Breadstick Sides: Peaches 100% Fruit Juice Steamed Carrots Peas	Walking Taco w/ Spanish Rice Sides: Fresh Fruit Fruit Cocktail Side Salad Roasted Chickpeas	Chicken Nuggets w/ Hot Roll Sides: School Planned Fruits and Vegetables
January 8	January 9	January 10	January 11	January 12
Grilled Cheese & Tomato Soup w/ Goldfish Sides: Pineapple Applesauce Baby Carrots Peas	Chicken Crisпитos w/ Cheese Sauce Sides: Apples Pears Corn Mixed Vegetables	Pizza Crunchers Sides: Mandarin Oranges Fruit Cocktail Sweet Potato Fries Broccoli	Chicken Fajitas & Spanish Rice Sides: Orange Smiles Craisins Fajita Blend Vegetables Refried Beans	Stuffed Cheese Sticks & Marinara Sides: School Planned Fruits and Vegetables
January 15	January 16	January 17	January 18	January 19
No School	No School	Turkey Gravy & Hot Roll Sides: Mandarin Oranges Applesauce Mashed Potatoes & Gravy Steamed Carrots	Italian Dunkers & Meat Sauce Sides: Peaches Pineapple Side Salad Roasted Chickpeas 	Spicy Chicken Wrap Sides: School Planned Fruits and Vegetables
January 22	January 23	January 24	January 25	January 26
Chicken Tender Wrap Sides: Fresh Fruit Pears Sweet Potato Fries Mixed Vegetables	Beef & Cheese Nachos w/ Tortilla Chips & Salsa Sides: Fruit Cocktail Fruit Slushie Refried Beans Corn	Pepper Jack Beef Deli Sides: Mandarin Oranges Peaches Baked Steak Fries Baby Carrots	Spaghetti & Meatballs w/ Breadstick Sides: Applesauce Pineapple Side Salad Mixed Vegetables	Chicken Tortilla Soup & Cheese Quesadilla Sides: School Planned Fruits and Vegetables
January 29	January 30	January 31		
Mini Corn Dogs & Chicken Noodle Soup Sides: Pears Mandarin Oranges Baked Steak Fries Baked Beans	Turkey Gravy & Hot Roll Sides: Fresh Fruit 100% Fruit Juice Mashed Potatoes & Gravy Green Beans	Lasagna Roll Up & Garlic Toast Sides: Pineapple Fruit Cocktail Baby Carrots Steamed Broccoli		
Monday Alternate	Tuesday Alternate	Wednesday Alternate	Thursday Alternate	Friday Alternate
Hamburger/Cheeseburger Cheese Pizza	Chicken Patty Pick 2 Salad w/ Toasted Flatbread	Honey BBQ Rib on a Bun Cheese Pizza	Spicy Chicken Patty Pick 2 Salad w/ Toasted Flatbread	Fish Wedge Turkey & Cheese Sub

Menu Item (P) May Contain Pork

This institution is an equal opportunity provider. [Link to Nondiscrimination Statement on Dept. Website.](#)