

**CHOICE OF MILK DAILY**

- FF & 1 % White
- FF Chocolate
- FF Strawberry



# JANUARY | 2018

## Medina City Schools Elementary Lunch

**LUNCH PRICE: \$2.75**  
**REDUCED PRICE: \$.40**  
**ADULT LUNCH: \$3.75**  
**MILK: \$.50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> WINTER BREAK	<b>2</b> WINTER BREAK	<b>3</b> WINTER BREAK	<b>4</b> Breaded Chicken Strips Mashed Potatoes 100% Fruit Juice Garlic Texas Toast <i>Bonus – Chocolate Chip Cookie</i> Milk	<b>5</b> Big Daddy's Pizza Vegetables Sticks with Dip Assorted Fruit Choice Milk
<b>8</b> Tyson Boneless Chicken Wings Potato Smiles Carrot & Celery Sticks Chilled Peaches Milk	<b>9</b> Mexican Beef Fiestada Seasoned Black Beans Whole Fruit Juice Cup <i>Bonus – Mini Rice Krispie Treat</i> Milk	<b>10</b> <i>Brunch for Lunch</i> Eggo Mini Pancakes Breakfast Sausage Waffle Fries 100% Fruit Juice Milk	<b>11</b> Chicken Nuggets Seasoned Noodles Lemon Broccoli Chilled Apricots Milk	<b>12</b> Double Stuffed Crust Pizza Fresh Side Salad Assorted Fruit Choices Milk
<b>15</b> No School Martin Luther King Day	<b>16</b> <i>Birthday Party Day</i> Hot Dog on a Bun French Fries Birthday Cake Applesauce <i>Bonus – Let's Celebrate Cupcake</i> Milk	<b>17</b> Bosco Sticks with Marinara Sauce Seasoned Broccoli Chilled Peaches Milk	<b>18</b> Popcorn Chicken Mashed Potatoes Fresh Banana Dinner Roll Milk	<b>19</b> Big Daddy's Pizza Fresh Vegetables with Dip Seasonal Fruit Choices Milk
<b>22</b> Snowman Shaped Pretzel with Cheese Sauce Seasoned Broccoli Snowman Frozen Juice Cup Milk	<b>23</b> Nachos with Meat & Cheese Sauce Lettuce & Tomato Salsa Seasoned Black Beans Mandarin Oranges <i>Bonus – Candy Cookie</i> Milk	<b>24</b> <i>Brunch for Lunch</i> French Toast Sticks Breakfast Sausage Potato Starz 100% Fruit Juice Milk	<b>25</b> Chicken Nuggets Seasoned Noodles Green Beans Chilled Pears Milk	<b>26</b> Personal Round Cheese <i>or</i> Pepperoni Pizza Side Salad Fresh Seasonal Fruit Choice Milk
<b>29</b> Corn Dog French Fries Whole Fruit Frozen Juice Cup <i>Bonus – Chocolate Chip Cookie</i> Milk	<b>30</b> <i>Taco Tuesday</i> Soft Tacos with Cheese, Lettuce, & Tomato Refried Beans Mandarin Oranges Milk	<b>31</b> Cheesy Dippers with Marinara Sauce Seasoned Broccoli Chilled Diced Pears Milk		

**Welcome Back!!**

**RECOMMENDATIONS FOR HEALTHY SNACKS AT SCHOOL AND AT HOME**

**BEVERAGES**

- Fruit juices
- Fruit smoothies
- Milk (non-fat or low fat, plain or flavored)

**LOW FAT GRAIN FOODS**

- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffin (whole wheat)