

Teacher: \_\_\_\_\_

Name: \_\_\_\_\_

# SAMPLE MENU

## JANUARY 2009

# of Lunches: \_\_\_\_\_

Total Due: \_\_\_\_\_

Week 5-9	Week 12-16	Week 19-23	Week 26-30
<b>Monday</b>	<b>Monday</b>	<b>Monday</b>	<b>Monday</b>
Pizza Mixed Fruit Milk or Juice	Cheese Sticks Marinara Sauce Mixed Vegetables Applesauce Milk or Juice		BBQ Chicken Baked Beans Mac n' Cheese Milk or Juice
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
Chicken Fingers Mac n' Cheese Cookies Milk or Juice	Spaghetti & Meatballs Teddy Grahams Milk or Juice	Chicken Parmesan Penne Pasta Garlic Bread Milk or Juice	Baked Ziti Broccoli Milk or Juice
<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>	<b>Wednesday</b>
Philly Steak Sandwich Fried Potatoes Fruit Milk or Juice	Spaghetti & Meatballs Fried Rice Egg Roll Milk or Juice	Chicken Parmesan Penne Pasta Garlic Bread Milk or Juice	Chicken Quesadilla Mexican Rice Fruit Milk or Juice
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
Cuban Sandwich French Fries Milk or Juice	Teriyaki Beef Kebabs Rice & Veggies Milk or Juice	Cheeseburger on a Whole Grain Bun Tater Tots Cookie Milk or Juice	Grilled Cheese French Fries Pudding Milk or Juice
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
Cheeseburger on a Whole Grain Bun Tater Tots Cookie Milk or Juice	Lemon Roasted Chicken Black Beans & Rice Fried Plantains Milk or Juice	Fried Chicken Sandwich with Fresh Mozzarella Coleslaw Milk or Juice	Spaghetti and Meatballs Teddy Grahams Milk or Juice



GOURMET DESIGN

Alternate Sandwiches
Roasted Chicken
Tater Tots
Peas, Water & Jelly
4- Bagel & Cream Cheese

Alternate Drink
Chocolate Milk
Small Bottled Water