



L.K. Moss Elementary School JANUARY, 2019 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
	1 <i>Happy New Year</i>	2 TEACHER PLANNING	3 Chicken Noodle Soup Grilled Cheese Sandwich Steamed Broccoli Fruit	4 Rib-A-Que Sandwich Potato Tots Seasoned Green Beans Fruit	(M) (T) (W) TEACHER PLANNING (Th) Poptart w/cheesestick (F) Assorted Cereal
7 Baked Spaghetti Glazed Carrots Garden Salad w/Dressing Breadstick Fruit	9 Chicken Bites Turnip Greens Seasoned Corn Fruit	10 Cheeseburger on Bun Potato Wedges Green Peas Fruit	11 Chili Bowl w/Saltines Steamed Broccoli Baked Potato Fruit	12 Pizza w/Marinara Sauce Sweet Potato Fries Baked Beans Fruit	(M) Mini Pancakes (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Fruit Pastry (F) Sausage Biscuit
14 Manadrian Orange Chicken w/Fried Rice Oriental Vegetables Steamed Carrots Fruit	16 Loaded Nachos w/Salsa Seasoned Corn Black Beans Fruit	17 Oven Baked Chicken Roasted Potatoes Seasoned Green Beans Roll Fruit	18 BREAKFAST FOR LUNCH French Toast Sticks w/Eggs/Sausage Green Peas Fruit	19 BBQ Sandwich Baked Beans Potato Wedges Fruit	(M) Mini Waffles (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Nutri Grain (F) Chicken Biscuit
21 MLK HOLIDAY	23 Chicken Nuggets w/Honey Mustard Steamed Carrots Roll Fruit	24 Corn Dogs Sweet Potato Fries Baked Beans Fruit	25 Salisbury Steak w/gravy Mashed Potatoes Steamed Broccoli Roll Fruit	26 Chicken Filet Sandwich w/Lettuce/Tomatoes Oven Baked Fries Veggie Dippers w/ranch Fruit	(M) MLK HOLIDAY (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Fruit Pastry (F) Sausage Biscuit
28 Chili Cheese Pups Baked Beans Sweet Potato Fries Fruit	29 Boneless Bites California Vegetable Blend Potato Wedges Breadstick Fruit	30 Mini Cheese Ravioli w/Breadsticks Steamed Broccoli Corn on Cob Fruit	31 MANAGER'S SPECIAL		(M) Mini Waffles (T) Muffin w/Yogurt (W) Mini Cinnis (Th) Nutri Grain

“DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE”



Helpful Information

Milk is offered daily for breakfast and lunch. We offer a variety of milk that is 1% or less fat and either flavored or unflavored.



HEALTHY NEW YEAR'S TIP

Eating right is important to staying at a healthy weight and keeping an energy balance, the balance between the calories in what you eat and drink, and calories you burn when moving. The best way to make sure you have energy balance is to make better choices before you sit down to eat.

