

# JANUARY 2019

## GOLDING MIDDLE SCHOOL 6-8

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES MENU SUBJECT TO CHANGE WG CEREAL/100% FRUIT JUICE/ASSORTED FF/1% MILK AVAILABLE EVERYDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p>  <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p>1</p> <p style="text-align: center;"><b>HAPPY NEW YEAR!!!!</b></p>	<p>2</p> <p style="text-align: center;"><b>NO SCHOOL</b></p> 	<p>3</p> <p style="text-align: right;"><i>Day 6</i></p> <p>Pancake Stick. Syrup</p> <p>Chicken Burger/Plain or Spicy/WG Roll</p> <p>WG Cheese Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Applesauce</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Mashed Potatoes Green Beans</p>	<p>4</p> <p style="text-align: right;"><i>Day 1</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted RF Cheese Pizza 2oz</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh Fruit <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Broccoli Cuts Veggie Pasta</p>
<p>7</p> <p style="text-align: right;"><i>Day 2</i></p> <p>WG Bagel Cream Cheese</p> <p>WG Chicken Strips WG Roll</p> <p>WG Cheese Pizza</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>8</p> <p style="text-align: right;"><i>Day 3</i></p> <p>WG Breakfast Bun</p> <p>Hamburger/Cheese Burgers Pickle Chips</p> <p>WG Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Lettuce/Tomato Cups Oven Fries</p>	<p>9</p> <p style="text-align: right;"><i>Day 4</i></p> <p>WG Muffin</p> <p>Manwich Sandwich WG Roll</p> <p>WG Cheese Pizza</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ Cup Broccoli Cuts Curly Fries</p>	<p>10</p> <p style="text-align: right;"><i>Day 5</i></p> <p>Pancake Sticks</p> <p>Quesadilla/Seasoned Rice</p> <p>WG RF Cheese Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Peaches</p> <p>Vegetable Choices ¾ Cup Cowboy Salsa Spinach</p>	<p>11</p> <p style="text-align: right;"><i>Day 6</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/ Granola</p> <p>Fruit Choices ½ Cup Fresh Fruit <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Golden Corn/Veggie Pasta</p>
<p>14</p> <p style="text-align: right;"><i>Day 1</i></p> <p>WG Warm Donuts</p> <p>WG Chicken Nuggets WG Roll</p> <p>WG Cheese Pizza</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Peaches</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>15</p> <p style="text-align: right;"><i>Day 2</i></p> <p>WG Breakfast Bun</p> <p>Chicken &amp; Biscuits/Gravy Cranberry Sauce</p> <p>WG Cheese Pizza</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Mixed Vegetables Candied Sweet Potatoes</p>	<p>16</p> <p style="text-align: right;"><i>Day 3</i></p> <p>WG Muffin</p> <p>BBQ Rib Sandwich WG Roll</p> <p>WG Cheese Pizza</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Strawberry Cups</p> <p>Vegetable Choices ¾ Cup Broccoli Cuts Tator Tots</p>	<p>17</p> <p style="text-align: right;"><i>Day 4</i></p> <p>WG Pancake Sticks</p> <p>WG Toasted Cheese Sandwich/American &amp; Mozzarella/Seasoned Noodles</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Pineapple Chunks</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Fresh Tomato Soup</p>	<p>18</p> <p style="text-align: right;"><i>Day 5</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh Fruit <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens/Golden Corn Veggie Pasta Salad</p>
<p>21</p> <p style="text-align: center;"><b>NO SCHOOL</b></p>  <p style="text-align: center;"><b>Martin Luther King, Jr.</b></p>	<p>22</p> <p style="text-align: right;"><i>Day 6</i></p> <p>WG Breakfast Bun</p> <p>Mini Pancakes/French Toast Sticks/Sausage Patty</p> <p>Tuna Salad Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Spiced Applesauce</p> <p>Vegetable Choices ¾ Cup Green Beans Babycakes</p>	<p>23</p> <p style="text-align: right;"><i>Day 1</i></p> <p>WG Muffins</p> <p>Taco/Nacho/Seasoned Meat Shredded Cheese/Cheese Sauce/WG Chips/Seasoned Brown Rice/ Salsa</p> <p>WG Cheese Pizza</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Peaches</p> <p>Vegetable Choices ¾ Cup Black Bean &amp; Tomato Salsa Lettuce &amp; Tomato Cups Golden Corn</p>	<p>24</p> <p style="text-align: right;"><i>Day 2</i></p> <p>WG Pancake Sticks</p> <p>WG Fresh or Assorted Cheese Pizza</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Yogurt Parfait/Granola</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ cup Mixed Greens Golden Corn Veggie Pasta</p>	<p>25</p> <p style="text-align: right;"><i>Day 4</i></p> <p>WG French Toast Sticks</p> <p style="text-align: center;"><b>½ Day GRAB &amp; GO</b></p> <p>PBJ Pocket WG Chips Fresh Fruit Fresh Veggies WG Cookie</p>