

# JANUARY 2019

## RADEZ 3-5

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITIES

MENU SUBJECT TO CHANGE WG CEREAL/100% FRUIT JUICE/FF AND 1% MILK AVAILABLE EVERYDAY CHEF SALAD/FRUIT PARFAITS AVAILABLE IN LIMITED QUANTITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>NO SCHOOL</p> 	<p>1</p> <p><b>HAPPY NEW YEAR!!!!</b></p>	<p>2</p>  <p>NO SCHOOL</p>	<p>3</p> <p><i>Day 6</i></p> <p>WG Pancake Sticks</p> <p>WG Chicken Nuggets WG Roll</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mixed Berry Cups</p> <p>Vegetable Choices ¾ cup Mashed Potatoes Broccoli</p>	<p>4</p> <p><i>Day 1</i></p> <p>WG French Toast Sticks</p> <p>WG Fresh or Assorted Cheese Pizza</p> <p>Ham &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh Fruit <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens (1 c = ½ c) Veggie Pasta Golden Corn</p>
<p>7</p> <p><i>Day 2</i></p> <p>WG Bagel Cream Cheese</p> <p>WG Chicken Strips WG Roll</p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Steamed Spinach Mashed Potatoes</p>	<p>8</p> <p><i>Day 3</i></p> <p>WG Breakfast Bun</p> <p>Quesadilla Seasoned Rice</p> <p>Tuna salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Peaches</p> <p>Vegetable Choices ¾ Cup Black Bean Tomato Salsa Green Beans</p>	<p>9</p> <p><i>Day 4</i></p> <p>WG Muffin</p> <p>WG Mozzarella Sticks Baked Pasta WG Garlic Roll</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh <b>OR</b> Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Mixed Greens Golden Corn</p>	<p>10</p> <p><i>Day 5</i></p> <p>WG Pancake Stick</p> <p>WG French Toast Sticks Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh or Mixed Berry Cup</p> <p>Vegetable Choices ¾ Cup Oven Baked Beans Babycakes</p>	<p>11</p> <p><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>Fruit Choices ½ Cup Fresh Fruit <b>OR</b> Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mixed Greens Sweet Carrot Coins Veggie Pasta</p>
<p>14</p> <p><i>Day 1</i></p> <p>WG Donuts</p> <p>WG Popcorn Chicken/WG Roll</p> <p>Peanut Butter and Jelly Sandwich</p> <p>Fruit Choices ½ Cup Fresh Or Mixed Berry Cups</p> <p>Vegetable Choices ¾ Cup Sweet Carrot Coins Mashed Potatoes</p>	<p>15</p> <p><i>Day 2</i></p> <p>WG Breakfast Bun</p> <p>Hamburger/Cheese Burger WG Roll/Pickle Chips</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ Cup Fresh Or Cinnamon Applesauce</p> <p>Vegetable Choices ¾ Cup Oven Fries Oven Baked Beans Green Beans</p>	<p>16</p> <p><i>Day 3</i></p> <p>WG Muffins</p> <p>Taco/Shell/Seasoned Meat Shredded Cheese Nacho Chips/Cheese Sauce Seasoned Rice</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Choices ½ Cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Mixed Greens/Tomato Cups Broccoli Cuts</p>	<p>17</p> <p><i>Day 4</i></p> <p>WG Pancake Sticks</p> <p>½ &amp; ½ Toasted Cheese Sandwich Seasoned Noodles</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ Cup Fresh OR Peaches</p> <p>Vegetable Choices ¾ Cup Fresh Tomato Soup Mixed Vegetables</p>	<p>18</p> <p><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>Fruit Choices ½ Cup Fresh or Mandarin Oranges</p> <p>Vegetable Choices ¾ Cup Mixed Greens Golden Corn Veggie Pasta</p>
<p>21</p> <p><i>Day</i></p>  <p>MARTIN LUTHER KING JR. DAY</p>	<p>22</p> <p><i>Day 6</i></p> <p>WG Breakfast Bun</p> <p>WG Chicken Strips WG Roll</p> <p>Tuna Salad Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Spiced Pears</p> <p>Vegetable Choices ¾ Cup Mashed Potatoes Oven Baked Beans Green Beans</p>	<p>23</p> <p><i>Day 1</i></p> <p>WG Muffins</p> <p>Taco/Shell/Seasoned Meat Shredded Cheese Nacho Chips/Cheese Sauce Seasoned Rice</p> <p>Bologna &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mixed Fruit</p> <p>Vegetable Choices ¾ Cup Mixed Greens/Tomato Cups Broccoli Cuts</p>	<p>24</p> <p><i>Day 2</i></p> <p>WG Pancake Stick</p> <p>French Toast Sticks Sausage Patty</p> <p>Turkey &amp; Cheese Sandwich</p> <p>Fruit Choices ½ cup Fresh OR Mandarin Oranges</p> <p>Vegetable Choices ¾ Cup Babycakes Golden Corn</p>	<p>25</p> <p><i>Day 3</i></p> <p>WG Warm Donuts</p> <p><b>½ Day</b></p> <p>Grab and Go PBJ Pocket WG Snack Chips Fresh Fruit Fresh Vegetables WG Cookie</p>