

# Menus

School: Livingston County R-3

Academic Year: 2018-19

Meal: All

Month: January 2019

January				
M	Tu	W	Th	F
31	1	2 <b>Breakfast:</b> Whole Grain French toast, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, carrots, whole wheat bread & butter, fruit, milk	3 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> BBQ Pork Ribette, au gratin potatoes, broccoli, whole wheat bread & butter, fruit, milk	4 <b>Breakfast:</b> Whole grain breakfast chicken patty, whole grain biscuit, fruit, juice, milk <b>Lunch:</b> Hamburger patty on whole wheat bun, potato wedges, baked beans, fruit, milk
7 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	8 <b>Breakfast:</b> Breakfast burrito, fruit, juice, milk <b>Lunch:</b> Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, peas, fruit, milk	9 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	10 <b>Breakfast:</b> Whole grain biscuit, sausage gravy, fruit, juice, milk <b>Lunch:</b> Beef & bean burrito, refried beans, whole kernel corn, fruit, milk	11 <b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Sloppy Joe on whole wheat bun, potato wedges, green beans, fruit, milk
14 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, carrots, whole wheat bread & butter, fruit, milk	15 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, whole kernel corn, whole wheat breadstick, fruit, milk	16 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk <b>Lunch:</b> Tomato soup, grilled cheese, celery sticks, whole grain crackers, fruit, milk	17 <b>Breakfast:</b> Scrambled eggs, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Hot ham & cheese, potato wedges, peas, fruit, milk	18 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Walking tacos, shredded cheese & lettuce, refried beans, fruit, milk
21 <b>Breakfast:</b> Poptart, Go-Gurt, fruit, juice, milk <b>Lunch:</b> Whole grain chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	22 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> BBQ pork ribette, au gratin potatoes, baked beans, whole wheat bread & butter, fruit, milk	23 <b>Breakfast:</b> Whole grain biscuit, sausage gravy, fruit, juice, milk <b>Lunch:</b> Chicken noodle soup, PBJ jamwich, celery sticks, raw baby carrots, fruit, milk	24 <b>Breakfast:</b> Whole grain breakfast burrito, fruit, juice, milk <b>Lunch:</b> Corn dog, mashed potatoes, carrots, fruit, milk	25 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Hot dog on whole wheat bun, potato wedges, peas, fruit, milk
28 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	29 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	30 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	31 <b>Breakfast:</b> Scrambled eggs, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain mac & cheese, carrots, cole slaw, whole wheat bread & butter, fruit, milk	1 <b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Taco, soup, corn chips, celery sticks, fruit, milk

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