



# January

# CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of...</b> <b>JANUARY</b> <b>2 - 6</b>	<b>NO SCHOOL</b> <b>CHRISTMAS VACATION</b>		PK-5GrChicken Chez Melt 6-12 Gr. Chix Chez Flatbread Seasoned Green Beans Tomatoes/Cucumber Slices Crisp Apple Wedges 6-12 Macaroni Salad	BBQ Beef/ Bun Seasoned Corn Tomato Slices Cauliflower Florets Juicy Orange Wedges Fruit Slushie	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches
<b>Week of...</b> <b>JANUARY</b> <b>8 - 12</b>	Br. Pork Patty/ Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets Cinn/Sugar Apples	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Pears	Breaded Chicken Strips Whipped Potatoes Crunchy Baby Carrots Broccoli Florets Diced Peaches Fresh Bkd Cinn Breadstix	Breaded Mozzarella Stix Zesty Marinara Sauce Two Bean Salad Cauliflower Florets Applesauce	<b>NO SCHOOL</b>
<b>Week of...</b> <b>JANUARY</b> <b>15 - 19</b>	Ham/Cheese Deli Sub Oven Bkd. Baked Beans Sh. Lettuce/Tomato Slices Diced Pears Sunchips	Hamburger w/ Bun Cheese Slice Oven Bkd Fries Fresh Tomato/Cucumber Slices Mixed Fruit	Chicken Noodle Soup/w Crackers Grilled Cheese Sand Crunchy Baby Carrots Crisp Celery Stix Apple Wedges	PK-3 Chicken Fries 4-12 Mand Orange Chicken Whipped Potatoes/Stirfry Veggies/Garden Blend Rice Diced Peaches Cookie	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Savory Black Beans Seasoned Rice Applesauce
<b>Week of...</b> <b>JANUARY</b> <b>22 - 26</b>	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	K-5 Mac & Cheese 6-12 Pasta Bar(meat,cheese alfredo sauce) Season Green Beans, Carrots Brocc. Florets Crisp Apple Wedges Fresh Bkd. Dinner Roll	Breaded Chicken Nugget Whipped Potatoes Crisp Radishes Crunchy Baby Carrots Diced Peaches Fresh Bkd Cinn Breadstix	PK-8 Tony's Pepperoni Pizza 9-12 Big Dad'sPepp pizza Seasoned Garbanzo Beans Capri Blend Veg/Pepper strips Strawberries/Bananas Pudding Cup
<b>Week of...</b> <b>JANUARY</b> <b>29 - FEB 2</b>	Hot Ham/Bun Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Juicy Orange Wedges Applesauce	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce SlicedTomatoes/Salsa Seasoned Corn Crisp Apple Wedges Chocolate Brownie	Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	Taco Pizza Wedges Lettuce/ Salsa Diced Tomatoes Garbanzo Beans Diced Peaches	Pig in a Blanket Oven Bkd Beans Crunchy Baby Carrots Cauliflower Florets Mixed Fruit
<b>Menu is</b> <b>subject to change</b> <b>without notice.</b>					

### USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH

**5 Daily LUNCH COMPONENT Requirements —**  
**Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk**  
*Students must choose at least 3 of the 5 items offered,*  
*one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.  
 Whole Grain Buns, Breads & Pastas are always used.  
 All items offered meet USDA requirements  
 in limiting calories to 30% from fat and 35% from sugar.