

St. Charles Hot Lunch Menu
JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 NO SCHOOL	3 Salisbury steak Mashed potatoes w/gravy Green beans Diced pears ½ pint milk	4 Grilled cheese Tomato soup Crackers Fresh broccoli w/hummus Diced peaches ½ pint milk
7 Chicken nuggets Mashed potatoes WG roll Steamed broccoli Mixed fruit ½ pint milk	8 Goulash Texas toast Steamed mixed veggies Mandarin oranges ½ pint milk	9 Hamburger on WG bun French fries Baked beans Applesauce ½ pint milk	10 WG waffles Turkey sausage Hash brown Fresh broccoli Mixed berry cup Orange juice ½ cup milk	11 Cheesy bread dunkers Marinara sauce Graham crackers Carrots & celery Apple slices ½ pint milk
14 Grilled chicken patty on WG bun Regular & sweet potato waffle fries Steamed veggie medley Green grapes ½ pint milk	15 Cheese pizza Garden salad Carrots Banana ½ pint milk	16 Sweet & sour chicken Brown rice Veggie egg roll Sugar snap peas Pineapple ½ pint milk	17 Beef taco salad WG chips w/fresh salsa Refried beans Diced pears ½ pint milk	18 NO SCHOOL
21  MARTIN LUTHER KING DAY	22 Grilled chicken salad Pretzel w/cheese Garbanzo beans Green beans Tropical fruit ½ pint milk	23 Italian meatball sub Original Sun Chips Red & green peppers Applesauce ½ pint milk	24 Hot roasted turkey sandwich Mashed potatoes & gravy Peas & carrots Diced peaches ½ pint milk	25 WG pancakes Scrambled eggs Hash brown Carrots Strawberries & blueberries ½ pint milk
28 Beef ravioli Garlic bread stick Steamed veggie blend Orange slices ½ pint milk	29 Bag Lunch Turkey & cheese on WG bun Cheddar Sun Chips Carrots Apple slices ½ pint milk	30 Seasoned shredded pork on WG bun Sweet potato tater tots Coleslaw Pineapple ½ pint milk	31 Homemade chili w/beans Fritos Corn w/peppers & onion Diced pears ½ pint milk	