



JANUARY | 2018

Heir Force Community School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 School Closed Holiday Break	2 School Closed Holiday Break	3 Chicken Nuggets Cheez-It Crackers Cucumber Slices Mandarin Oranges Choice of Milk	4 Orange Chicken WG Brown Rice Shredded Carrots California Vegetable Blend Diced Pears Choice of Milk	5 Rotini w/ Meat Sauce Green Beans Chocolate Pudding Cup Fresh Banana Choice of Milk
8 Cheese-Stuffed Breadsticks Marinara Sauce Steamed Carrots Tropical Fruit Salad Choice of Milk	9 Turkey Sausage Pizza Green Beans Fresh Baby Carrots Low-Fat Ranch Dressing Diced Pineapple Choice of Milk	10 Sloppy Joe Sandwich WG Hamburger Bun Peas and Carrots Diced Peaches Choice of Milk	11 Chicken Teriyaki WG Brown Rice Steamed Broccoli Mandarin Oranges 100% Fruit Juice Fortune Cookie Choice of Milk	12 Chicken Chunk Rings BBQ Sauce Spinach Strawberry Salad Fresh Orange Wedges Choice of Milk
15 Martin Luther King Day No School	16 Hamburger Patty on WG Bun Baked Beans Cucumber Slices Mandarin Oranges Choice of Milk	17 Beef / Bean / Cheese Burrito Salsa Corn Fresh Apple Slices Choice of Milk	18 Turkey w/ Gravy Mashed Potatoes Green Beans Pears in Gelatin WG Dinner Roll 1 pat Butter Choice of Milk	19 Chili Cheese Wrap Mixed Green Salad Low-Fat Ranch Dressing Applesauce Choice of Milk
22 Chili Mac Side Salad Low-Fat Ranch Dressing Goldfish Crackers Diced Peaches Choice of Milk	23 Beef Hot Dog on WG Bun Corn Celery Sticks Low-Fat Ranch Dressing Diced Pineapple Choice of Milk	24 Turkey Pepperoni Pizza Green Beans Fresh Baby Carrots Diced Pears Choice of Milk	25 BBQ Chicken Sandwich WG Bun Peas Strawberry Ice Cream Cup Applesauce Choice of Milk	26 Grilled Chicken Patty WG Bun Sweet Potatoes Cucumber Slices Fresh Banana Choice of Milk
29 Deli Sub Carrots / Celery / Tomato Ranch Low-Fat Dip Fresh Grapes Choice of Milk	30 Chicken Tenders Ketchup Mixed Green Salad Apricots Blue Raz Slushie Choice of Milk	31 Whole Grain French Toast Turkey Sausage Links Potato Wedges Fresh Orange Wedges Dragon Punch Juice Choice of Milk		

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EXTRAS....

Entrée	\$1.50
Fruit / Vegetable Sides	\$1.00
100% Fruit Juice	\$.75
Milk	\$.50
Adult / Guest Meal	\$2.85