

9-12 Lunch

Iron County School District

January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WINTER BREAK	2 Breaded Beef Fingers Mashed potatoes Country Gravy Warm Soft Rolls Steamed Carrots Canned Peaches 100% Juice Milk Variety	3 Chicken Teriyaki Chicken Teriyaki Salad Lite Ranch Dressing Brown Rice Steamed Broccoli Fresh Baby Carrots Fresh Apples Whole Grain Donut 100% Juice Milk Variety	4 W/G Big Daddy Pizza BBQ Chicken Sandwich Side salad Lite Ranch Dressing Grapes, Fresh W/G Baked Cookies 100% Juice Milk Variety
7 Mini Corn Dogs Corn Dog Ketchup Dip & Squeeze Mustard Celery French Fries Fresh Apples Creamies ice cream 100% Juice Milk Variety	8 Taco in a bag Taco Salad Lite Ranch Dressing Refried Beans Lettuce/Tomato Fresh Baby Carrots Salsa Fresh Oranges Jello 100% Juice Milk Variety	9 Teriyaki Beef Blasters Mashed potatoes Gravy Variety Warm Soft Rolls Steamed Carrots Canned Peaches 100% Juice Milk Variety	10 Breaded Chicken Nugget Chicken Salad Lite Ranch Dressing Barbecue Sauce PC Mac & Cheese(9-12) Steamed broccoli Corn Strawberries, fresh Scooby-Doo Snacks 100% Juice Milk Variety	11 W/G Big Daddy Pizza Slider Sandwiches Mayonnaise Vegetable tray Lite Ranch Dressing Grapes, Fresh Frosted Sugar Cookie 100% Juice Milk Variety
14 Hamburger Breaded Chicken Sandwich Ketchup Dip & Squeeze Mustard Mayonnaise Lettuce/Tomato Cowboy Baked Bean French Fries Applesauce 100% Juice Milk Variety	15 Spaghetti W/Meatballs Meatball Sandwich Breadstick Steamed broccoli Celery Fresh Oranges Raisels 100% Juice Milk Variety	16 Breaded Chicken Nugget Mashed potatoes Gravy Variety Warm Soft Rolls Sunshine Carrots Fresh Apples 100% Juice Milk Variety	17 Enchilada Crispy Bean & Cheese Burrito Cornbread Mini Loaf Green beans Sweet Potato Diced Strawberries, fresh 100% Juice Milk Variety	18 W/G Big Daddy Pizza BBQ Chicken Sandwich Side salad Lite Ranch Dressing Grapes, Fresh Applesauce W/G Baked Cookies 100% Juice Milk Variety
21 MARTIN LUTHER KING DAY	22 Pig in a blanket Philly Beef Steak Sandwich Ketchup Dip & Squeeze Mustard Green beans Cowboy Baked Bean Canned Pears Creamies ice cream 100% Juice Milk Variety	23 Popcorn Chicken Mashed potatoes Gravy Variety Warm Soft Rolls Sunshine Carrots Celery Fresh Apples 100% Juice Milk Variety	24 Orange Chicken Orange Chicken Salad Brown Rice Steamed broccoli Fresh Baby Carrots Canned Peaches Pudding variety 100% Juice Milk Variety	25 W/G Big Daddy Pizza Slider Sandwiches Mayonnaise Vegetable tray Lite Ranch Dressing Grapes, Fresh Frosted Sugar Cookie 100% Juice Milk Variety
28 Chicken & Cheese Taqitos Mozzarella Sticks	29 French Toast Sticks Syrup, Maple Pork Sausage Link	30 Breaded Beef Fingers Mashed potatoes Country Gravy	31 Chicken Teriyaki Chicken Teriyaki Salad Lite Ranch Dressing	

French Fries Ketchup Dip & Squeeze Lite Ranch Dressing Cowboy Baked Bean Canned Pears 100% Juice Milk Variety	Potato Stix Sweet Potato Diced Ketchup Dip & Squeeze Fresh Oranges 100% Juice Milk Variety	Warm Soft Rolls Steamed Carrots Canned Peaches 100% Juice Milk Variety	Brown Rice Steamed Broccoli Fresh Baby Carrots Fresh Apples Whole Grain Donut 100% Juice Milk Variety	
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This Institution is an equal opportunity provider.
 Menus are subject to change.