



unkhannock Primary January 2019 Lunch Menu



Let It SNOW

GO-YO

Strawberry Banana
Yogurt
Cheese Stick
Soft Pretzel
Fruit

1/1 Nardone Pizza
1/7 GO - YO
1/14 Nardone Pizza
1/21 GO - YO
1/28 Sloppy Joe Sandwich
PB&J served Daily

What is a Meal?
You must choose 3 of 5
Components offered.

Minimum of 1/2 cup of
Vegetable or fruit must
Taken daily.

Meat or Meat Alternative
Grain
Vegetable
Fruit
Milk

Choice of Milk served
Daily
(1% & Skim White & Fat
Free Flavored)
Milk .50



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> 	<p>2</p> <p>French Toast Sticks w/ syrup Potato Smiles Sausage Patties Chilled Cinnamon Applesauce</p>	<p>3</p> <p>Hot dog on a Bun w/ choice of cheese Baked Fries Baked Beans Fresh Apple Slices</p>	<p>4</p> <p>Pretzel Bun Melt Tomato Soup Mixed Fruit</p>  
<p>7</p> <p>Chicken Nuggets WW Roll Mashed Potato Gravy Mixed Fruit</p>	<p>8</p> <p>Hard Shell Taco (taco Meat & Cheese) Lettuce & Tomato Cup Carrots Blueberry Cup w/ topping</p>	<p>9</p> <p>Spaghetti w/ Meatballs Green Beans Warm Apple Slices</p>	<p>10</p> <p>Mrs T Mini Pierogies Steamed Broccoli W/ Cheese Sauce Chilled Peaches</p>	<p>11</p> <p>Stuffed Crust Red Pizza Seasoned Mixed Veggies Pineapple Tidbits</p>
<p>14</p> <p>Popcorn Tenders w/ dipping sauce WW Roll Tater Tots Mixed Fruit</p>	<p>15</p> <p>Cheesy Meatloaf Patty w/ gravy WW Roll Mashed Potatoes Carrots Pineapple Tidbits</p>	<p>16</p> <p>French Toast Sticks Potato Smiles Sausage Patties Chilled Applesauce</p>	<p>17</p> <p>Corn Dog on a Stick Baked Fries Mixed Fruit Cup</p>	<p>18</p> <p>Nemo Sandwich (goldfish Shaped Bread w/ melted Cheese) Tomato Soup Chilled Pears</p>
<p>21</p> <p>Chicken Patty on a Bun Seasoned Mixed Veggies Chilled Pears</p>	<p>22</p> <p>Nacho Grande Taco Meat & Cheese Over WG Nacho Rounds Lettuce & Tomato Carrots Chilled Peaches</p>	<p>23</p> <p>Spaghetti w/ Meatballs Green Beans Warm Apple Slices</p> 	<p>24</p> <p>Salisbury Steak Patty W/ Gravy WW Roll Carrots Mashed Potato Mixed Fruit Cup</p>	<p>25</p> <p>French Bread Pizza Seasoned Broccoli Cinnamon Apple Sauce</p>
<p>28</p> <p>Cheeseburger On WW Bun Tater Tots Pineapple Tidbits</p> <p>**Menu Subject to Change**</p>	<p>29</p> <p>Hard Shell Taco (taco Meat & Cheese) Lettuce & Tomato Cup Carrots Chilled Peaches</p>	<p>30</p> <p>Chicken Fryz w/ Sauce Mashed Potatoes & Gravy Mixed Fruit Cup</p>	<p>31</p> 	<p>A complete breakfast & Lunch Are free to all students <u>Extra Milk .50</u></p>

A choice of milk is offered with all meals!

