

# RHODES SCHOOL DISTRICT

January 2018

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1<sup>st</sup></p> 	<p>2<sup>nd</sup></p> <p><b>Winter Break</b></p>	<p>3<sup>rd</sup></p> <p><b>Winter Break</b></p>	<p>4<sup>th</sup></p> <p><b>Winter Break</b></p>	<p>5<sup>th</sup></p> <p><b>Winter Break</b></p>
<p>8<sup>th</sup></p> <p>2 oz. Chicken Taco Meat 2 oz. W/G Tortilla 1/2C Peaches 3/4C 1/2c Cilantro Black Beans 1/4c Baby Carrots 1c Milk</p>	<p>9<sup>th</sup></p> <p>2 oz. W/G Pizza Dippers 2 oz. W/G Dipper Dough 1/2C Fresh Apple 3/4C 1c Spinach Salad 1/4c Marinara Sauce 1c Milk</p> 	<p>10<sup>th</sup></p> <p>2 oz. W/G Popcorn Chicken 1 oz. W/G Breading 1 oz. W/G Dinner Roll/Margarine 1/2C Fresh Melon 3/4C 1/2c French Fries 1/4c Red Peppers 1c Milk</p>	<p>11<sup>th</sup></p> <p>2 oz. Breakfast Turkey Sausage 2 oz. W/G Pancakes / Syrup 1/2C Fresh Banana 3/4C 1/2c Vegetable Juice 1/4c Hash Brown 1c Milk</p>	<p>12<sup>th</sup></p> <p>2 oz. W/G Sausage Pizza 2 oz. W/G Pizza Crust 1/2C Tropical Fruit 3/4C 1/2c Cauliflower Florets 1/4c Potato Wedges 1c Milk</p>
<p>15<sup>th</sup></p> <p><b>School Holiday</b></p> 	<p>16<sup>th</sup></p> <p>2 oz. WG Chicken Shoestrings 1 oz. WG Breading 1 oz. W/G Dinner Roll/Margarine 1/2C Banana 3/4C 1c Spinach Salad 1/4c Potato Wedges 1c Milk</p> 	<p>17<sup>th</sup></p> <p>2 oz. Beef Hot Dog 2 oz. W/G Hot Dog Bun 1/2C Fruit Mix 3/4C 1/2c Vegetarian Beans 1/4c Baby Carrots 1c Milk</p>	<p>18<sup>th</sup></p> <p>2 oz. WG Beef Burrito 2 oz. W/G Tortilla 1/2C Mandarin Oranges 1/2C Corn 1/4C Salsa 1c Milk</p>	<p>19<sup>th</sup></p> <p>2 oz. W/G Pepperoni Pizza 2 oz. W/G Pizza Crust 1/2C Fresh Apple 3/4C 1/2c Celery Sticks 1/2c Vegetable Juice 1c Milk</p> 
<p>22<sup>nd</sup></p> <p>2 oz. Cheeseburger 2 oz. W/G Hamburger Bun 1/2C Pear 3/4C 1/2c French Fries 1/4c Celery Sticks 1c Milk</p>	<p>23<sup>rd</sup></p> <p>2 oz. W/G Corn Dog 2 oz. W/G Bread (Corn Dog) 1/2C Mandarin Oranges 3/4C 1/2c Potato Wedges 1/4c Cauliflower Florets 1c Milk</p>	<p>24<sup>th</sup></p> <p>2 oz. Chicken / Cheese (Tacos) 2 oz. W/G Tortilla 1/2C Honeydew Melon 1/2C Black Beans 1/2C 1/4c Shredded Lettuce 1/4c Diced Tomatoes 1c Milk</p>	<p>25<sup>th</sup></p> <p>2 oz. Meat Sauce 2 oz. W/G Mostaccioli 1/2C Pineapple Chunks 3/4C 1/2c Broccoli (Hot) 1/4c Marinara Sauce 1c Milk</p> 	<p>26<sup>th</sup></p> <p>2 oz. W/G Cheese Pizza 2 oz. W/G Pizza Crust 1/2C Fresh Apple 3/4C 1c Spinach Salad 1/4c Baby Carrots 1c Milk</p> 
<p>29<sup>th</sup></p> <p>2 oz. Grilled Cheese Sandwich 2 oz. W/G Bread 1/2C Pear Cup 3/4C 1/2c Baked Beans 1/4c Celery Sticks / Dressing 1c Milk</p>	<p>30<sup>th</sup></p> <p>2 oz. WG Breaded Cheese Sticks 1 oz. WG Breading 1 oz. W/G Dinner Roll/Margarine 1/2C Fresh Apple 3/4C 1/2c Broccoli Florets 1/4c Marinara Sauce 1c Milk</p>	<p>31<sup>st</sup></p> <p>2 oz. WG Chicken Nuggets 1 oz. W/G Breading 1/2C Strawberry Applesauce 3/4C 1/2c French Fries 1/4c Baby Carrots 1oz. WG Dinner Roll 1 each 1c Milk</p>		

All Meals are served with a choice of 1% or Fat Free Milk (White or Chocolate)