


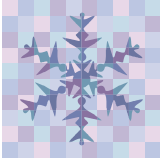



January 2019 Rhodes School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
				
7	8	9	10	11
WG Pizza Dippers 2 oz. cheese / 2 bread WG Dipper Dough 2 oz. Marinara sauce $\frac{1}{4}$ cup Broccoli Florets $\frac{1}{2}$ cup / Dressing W/G Dinner Roll 1 bread Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breakfast Sausage Patty WG Waffles 2 bread / Syrup Hash brown $\frac{1}{2}$ cup / Ketchup Cucumbers $\frac{1}{2}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Spicy Popcorn Chicken Bites 2 oz. meat / 2 bread Corn $\frac{1}{2}$ cup Vegetarian Beans $\frac{1}{2}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Whole Grain Corn Dog 2 oz. meat / 2 bread Ketchup / Mustard Spinach salad 1 cup Baby carrots $\frac{1}{2}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Cheese Pizza 2 oz. cheese/WG pizza crust Spinach salad 1 cup / Dressing Red peppers $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup
14	15	16	17	18
Whole Grain Chicken Nuggets 2 oz. meat / 1 bread BBQ Sauce / Ketchup Baked Beans $\frac{1}{2}$ cup Red peppers $\frac{1}{4}$ cup / Dressing W/G Dinner Roll 1 bread Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Cheeseburger 2 oz. meat/cheese/WG bun Broccoli Florets $\frac{1}{2}$ cup Cucumbers $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breaded Cheese Sticks 2 oz. meat / 1 bread Marinara Sauce $\frac{1}{4}$ cup Spinach Salad 1 cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Pancakes / Breakfast Turkey Sausage 2 oz. meat / 2 bread Syrup Vegetable juice $\frac{1}{2}$ cup Hash Brown $\frac{1}{2}$ cup / Ketchup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Cheese Pizza 2 oz. cheese/WG pizza crust Baby Carrots $\frac{1}{4}$ cup Spinach Salad 1 cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup
21	22	23	24	25
MARTIN LUTHER KING JR. DAY - NO SCHOOL	WG Popcorn Chicken 2 oz. meat / 1 bread BBQ Sauce / Ketchup Vegetarian Beans $\frac{1}{2}$ cup Baby Carrots $\frac{1}{4}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Chicken N' Waffles 2 oz. breaded chicken / WG waffle / Syrup Red peppers $\frac{1}{2}$ cup Hash Brown $\frac{1}{4}$ cup /Ketchup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Chicken Parmesan / WG Pasta 2 oz. meat / Pasta 2 grains Spinach Salad 1 cup / Dressing Marinara Sauce $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Cheese Pizza 2 oz. cheese/WG pizza crust Corn $\frac{1}{2}$ cup Broccoli florets $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup
28	29	30	31	
Hotdog / WG Bun 2 oz. meat / 2 bread Ketchup / Mustard Baked beans $\frac{1}{2}$ cup Sliced Red Peppers $\frac{1}{4}$ cup / Dressing Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Hamburger / WG Bun 2 oz. meat / 2 bread Ketchup / Mustard Potato Wedges $\frac{1}{2}$ cup Cherry Tomatoes $\frac{1}{4}$ cup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	Breaded Cheese Sticks 2 oz. meat / 1 bread Marinara Cup $\frac{1}{4}$ cup Spinach salad 1 cup / Dressing WG Dinner Roll 1 bread Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	WG Pancakes / Breakfast Turkey Sausage 2 oz. meat / 2 bread Syrup Broccoli florets $\frac{1}{2}$ cup Hash Brown $\frac{1}{4}$ cup / Ketchup Seasonal Fruit $\frac{1}{2}$ cup Milk 1 cup	