

# Sylacauga City Schools

006 - Nichols Lawson Middle

Jan 2, 2019

Page 1

## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 1/7/2019 Buffalo Chicken Sandwi Sweet Potato Fries Baked Beans Romaine Salad Celery Sticks Tomatoes Baby Carrots Dill Pickles Diced Eggs Ranch Dressing Assorted Fruit Milk Variety	Tue - 1/8/2019 Cheese Stix Marinara Dipping Sauce Blackeye Peas Assorted Fruit Romaine Salad Celery Sticks Baby Carrots Tomatoes Pepperoncini Green Peppers Diced Eggs Ranch Dressing Milk Variety	Wed - 1/9/2019 Teriyaki Chicken Brown Rice Seasoned Broccoli Romaine Salad Tomatoes Cucumbers Black Olives Baby Carrots Celery Sticks Pepper Strips Assorted Fruit Milk Variety Salsa Ranch Dressing Shredded Cheese	Thu - 1/10/2019 Mexican Fiestada Pizza Seasoned Corn Assorted Fruit Romaine Salad Tomatoes Baby Carrots Black Olives Celery Sticks Pepperoncini Ranch Dressing Milk Variety	Fri - 1/11/2019 Country Steak Gravy Mashed Potatoes English Peas Romaine Salad Tomatoes Celery Sticks Baby Carrots Green Peppers Assorted Fruit Milk Variety Roll Ranch Dressing
Mon - 1/14/2019 Sausage Link Scrambled Eggs Grits Toast Romaine Salad Tomatoes Cucumbers Black Olives Celery Sticks Baby Carrots Ranch Dressing Assorted Fruit Milk Variety Jelly	Tue - 1/15/2019 Hot Dog Chili Sauce Potato Wedges Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Diced Eggs Ranch Dressing Milk Variety Cheese Sauce	Wed - 1/16/2019 Red Beans & Rice w/ S Seasoned Corn Romaine Lettuce Tomatoes Baby Carrots Green Peppers Celery Sticks Pepper Strips Diced Eggs Cucumbers Ranch Dressing Assorted Fruit Milk Variety Biscuit	Thu - 1/17/2019 Crisпитos Lima Beans Cheese Sauce Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Fresh Broccoli Diced Eggs Ranch Dressing Salsa Milk Variety	Fri - 1/18/2019 Fajita Wrap Pinto Beans Romaine Salad Green Peppers Baby Carrots Celery Sticks Jalapeno Peppers Pepper Strips Assorted Fruit Milk Variety Ranch Dressing Salsa Shredded Cheese
Mon - 1/21/2019	Tue - 1/22/2019 Cheese Pizza Assorted Fruit Broccoli w/ Cheese Romaine Salad Baby Carrots Tomatoes Fresh Broccoli Cucumbers Pepperoncini Black Olives Milk Variety Chocolate Pudding Cup Ranch Dressing	Wed - 1/23/2019 CHICKEN PARMESAN Assorted Fruit Green Beans Sweet Potatoes Italian Breadstick Romaine Salad Celery Sticks Baby Carrots Black Olives Pepperoncini Tomatoes Diced Eggs Ranch Dressing Milk Variety	Thu - 1/24/2019 Corn Dog Cole Slaw Baked Beans Assorted Fruit Romaine Salad Tomatoes Celery Sticks Baby Carrots Fresh Broccoli Diced Eggs Ranch Dressing Milk Variety	Fri - 1/25/2019 Wings French Fries Romaine Salad Tomatoes Fresh Broccoli Celery Sticks Baby Carrots Diced Eggs Assorted Fruit Milk Variety Ranch Dressing Animal Crackers

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 1/28/2019	Tue - 1/29/2019	Wed - 1/30/2019	Thu - 1/31/2019	
Hot Pocket Assorted Fruit Glazed Carrots Romaine Salad Baby Carrots Tomatoes Fresh Broccoli Cucumbers Green Peppers Pepper Strips Milk Variety Mini Rice Krispie Treats Ranch Dressing	Hamburger French Fries Assorted Fruit Romaine Salad Baby Carrots Tomatoes Celery Sticks Cucumbers Dill Pickles Diced Eggs Ranch Dressing Milk Variety	Chicken Alfredo Mixed Veggies Assorted Fruit Romaine Salad Tomatoes Baby Carrots Celery Sticks Black Olives Cucumbers Diced Eggs Ranch Dressing Milk Variety Italian Breadstick	Spicy Chicken Chicken Sandwich Parsley Potatoes Baked Beans Romaine Salad Tomatoes Fresh Broccoli Celery Sticks Baby Carrots Dill Pickles Assorted Fruit Milk Variety Ranch Dressing	

Breakfast Prices: Reduced \$.30; Paid \$1.50; Staff \$2.00; Visitors \$2.50.

Lunch Prices: Reduced \$.40; Paid \$2.45; Staff \$3.15; Visitors \$4.50.

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