

# Sylacauga City Schools

## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 1/7/2019  PEPPERONI PIZZA Seasoned Corn Fresh Fruit Juice Romaine Lettuce Shredded Cheese Tomatoes Cucumbers Pepperoncini Baby Carrots Ranch Dressing Milk Variety Carnival Cookie	Tue - 1/8/2019  Hamburger Baked Beans Romaine Lettuce Tomatoes Baby Carrots Dill Pickles Juice Assorted Fruit Milk Variety Ranch Dressing Frosted Cinnamon Roll	Wed - 1/9/2019  Spicy Chicken Sandwic Hamburger Roasted Potatoes Romaine Lettuce Tomatoes Baby Carrots Pepperoncini Shredded Cheese Juice Fresh Fruit Milk Variety Ranch Dressing	Thu - 1/10/2019  Chicken Casserole Seasoned Broccoli Pinto Beans Romaine Lettuce Tomatoes Baby Carrots Pepperoncini Shredded Cheese Juice Fresh Fruit Milk Variety Roll Ranch Dressing	Fri - 1/11/2019  Salisbury Steak&Gravy Mashed Potatoes Green Beans Juice Apple Romaine Lettuce Tomatoes Shredded Cheese Cucumbers Ranch Dressing Milk Variety Roll
Mon - 1/14/2019  Wings Potato Wedges Juice Peaches Romaine Lettuce Tomatoes Baby Carrots Cucumbers Ranch Dressing Milk Variety Chocolate Pudding Grilled Cheese Sandwic Sweet and Sour Sauce Honey Mustard	Tue - 1/15/2019  Chicken Alfredo Pinto Beans Juice Sliced Pears Romaine Lettuce Tomatoes Cucumbers Baby Carrots Pepperoncini Ranch Dressing Milk Variety Teddy Grahams Roll	Wed - 1/16/2019  Cheese Stix Marinara Sauce Blackeye Peas Romaine Lettuce Tomatoes Baby Carrots Pepperoncini Ranch Dressing Juice Apple Milk Variety	Thu - 1/17/2019  Baked Spaghetti Seasoned Corn Romaine Lettuce Sliced Tomatoes Baby Carrots Pepperoncini Ranch Dressing Peaches Juice Milk Variety Roll	Fri - 1/18/2019  Sausage Link Scrambled Eggs Roasted Potatoes Grits Romaine Lettuce Tomatoes Shredded Cheese Juice Fresh Fruit Milk Variety Ranch Dressing Biscuit Jelly Choc. Chip Cookie
Mon - 1/21/2019	Tue - 1/22/2019  Grilled Chicken Sandwi Broccoli w/ Cheese Pinto Beans Romaine Lettuce Tomatoes Cucumbers Black Olives Baby Carrots Ranch Dressing Juice Assorted Fruit Milk Variety Cake	Wed - 1/23/2019  Corn Dog Baked Beans Cole Slaw Romaine Lettuce Tomatoes Baby Carrots Juice Fresh Fruit Milk Variety Ranch Dressing	Thu - 1/24/2019  Chili French Fries Romaine Lettuce Tomatoes Jalapeno Peppers Baby Carrots Juice Fresh Fruit Milk Variety Ranch Dressing Grilled Cheese Sandwic	Fri - 1/25/2019  Spicy Chicken Sandwic Hamburger Roasted Potatoes Romaine Lettuce Tomatoes Baby Carrots Pepperoncini Shredded Cheese Juice Fresh Fruit Milk Variety Ranch Dressing
Mon - 1/28/2019  Country Steak Gravy Blackeye Peas Parsley Potatoes Romaine Lettuce Tomatoes Baby Carrots Pepperoncini Shredded Cheese Juice Fresh Fruit Milk Variety Roll Ranch Dressing	Tue - 1/29/2019  Salisbury Steak&Gravy Mashed Potatoes Green Beans Juice Apple Romaine Lettuce Tomatoes Shredded Cheese Cucumbers Ranch Dressing Milk Variety Roll	Wed - 1/30/2019  Chicken Tenders Potato Wedges Juice Peaches Romaine Lettuce Tomatoes Baby Carrots Cucumbers Ranch Dressing Milk Variety Chocolate Pudding Roll	Thu - 1/31/2019  Tatertot Casserole Pinto Beans Juice Sliced Pears Romaine Lettuce Tomatoes Cucumbers Baby Carrots Pepperoncini Ranch Dressing Milk Variety Teddy Grahams Italian Breadstick	

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

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

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