

Newton's Eat-In Adventure

JANUARY 2019

SCHOOL DISTRICT 149
ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7 Turkey Tacos Lettuce & Tomatoes -or- Homemade Mac & Cheese Dinner Roll Pinto Beans Mangos	8 Chicken Philly Hoagie -or- Beef Burrito Salsa & Lettuce Sweet Corn Baked Fries Mixed Fruit	9 Creamy Chicken Alfredo -or- Crispy Chicken Sandwich Steamed Green Beans Tossed Salad Green Apple	10 Baked Potato Chili Dinner Roll -or- Beef Sloppy Joe Mixed Vegetables Sliced Peaches	11 Baked Chicken Legs Brown Rice Dinner Roll -or- Ham & Cheese Hoagie Sweet Peas Steamed Carrots Mandarin Oranges
14 Baked Mostaccioli -or- Grilled Cheese Sweet Corn Fresh Broccoli Trees Fresh Grapes	15 Pepperoni Pizza -or- Cheeseburger on Wheat Bun Garden Salad Steamed Green Beans Diced Pears	16 BBQ Meatball Hoagie -or- Crisp Chicken Patty on WG Bun Fresh Baby Carrots Fresh Apple	17 Sweet & Sour Chicken Brown Rice -or- Homemade Chili Kidney Beans Corn Muffin Orange Glazed Carrots Fresh Broccoli Trees Tropical Fruit	18 Jerk Chicken Drummie Brown Rice Dinner Roll -or- Turkey Ham on Wheat Lettuce & Tomato Red Kidney Beans Fresh Pear
21  No School Martin Luther King's Birthday	22 BBQ Pulled Chicken Sandwich -or- Hot Ham & Cheese Sweet Potato Fries Sweet Corn Cobette Diced Peaches	23 Roasted Turkey w/Gravy Dinner Roll Mashed Potatoes -or- Tuna Melt Crunchy Baby Carrots Mixed Fruit	24 Cheesy Beef Nachos Salsa Turkey Ham & Cheese Wrap Refried Beans Fresh Orange	25 Beef Hotdog -or- Chicken Caesar Wrap Potato Wedges Crisp Garden Salad Pineapple Tidbits
28 Homemade Mac & Cheese Dinner Roll -or- Sloppy Joe Steamed Peas Cherry Tomatoes Sliced Peaches	29 Crispy Chicken Bowl Mashed Potatoes -or- Tasty Hot Turkey Sandwich Fresh Broccoli Tropical Fruit	30 Cheese Pizza -or- Turkey & Cheese Hoagie Lettuce & Tomato Fresh Garden Salad Fresh Green Salad	31 Soft Shell Tacos Lettuce & Tomatoes Mexi-Corn -or- Chicken Fried Rice Pinto Beans Fresh Pear	

Serving 3 Entrée Choices every day

Which include one rotating item, an alternate entrée and

A daily salad special, plus a choice of 1% white, fat free chocolate and strawberry milk

For questions and comments, please email the Food Service Director at dolton@aviands.com or call 708-868-7586

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