

# Worth County R-III

# January 2019

# Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
7 <sup>th</sup> Cheese Pizza or Chicken Pattie Sandwich Chips Chocolate Pudding Fruit	8 <sup>th</sup> Shrimp Poppers or Chicken Strips Potato Wedges Fruit Green Beans	9 <sup>th</sup> Sloppy Joes or Mini Corn Dogs French Fries Fruit Corn	10 <sup>th</sup> Hot Ham & Cheese or Breakfast Stick w/ Scrambled Eggs Tator Tots Wango Mango	11 <sup>th</sup> Meatloaf or Chicken Drumsticks Mashed Potatoes Fruit Green Beans
14 <sup>th</sup> Chicken Parmesan w/ Breadstick or Hot Dog on Bun w/ French Fries Broccoli Fruit	15 <sup>th</sup> Chicken Fajitas or Beef & Bean Burrito Salad Fruit Cookie	16 <sup>th</sup> Chicken Nuggets or Fish Sandwich French Fries Green Beans Fruit	17 <sup>th</sup> Tuna Casserole w/ Breadstick or Ham & Cheese Sub w/ Chips Fruit Peas	18 <sup>th</sup> Frito Pie or Chicken Salad Sandwich w/ Chips Corn Fruit
21 <sup>st</sup> Fiestada Pizza or Ham & Cheese Sandwich Chips Fruit Graham Snacks	22 <sup>nd</sup> Meatball Sub or BBQ Pork Sandwich French Fries Corn Fruit	23 <sup>rd</sup> Turkey Pot Roast or Breaded Beef Sticks Mashed Potatoes Green Beans Fruit	24 <sup>th</sup> Orange Chicken w/ Rice Or Hamburger w/ Chips Fresh Veggies Fruit	25 <sup>th</sup> Pizza Bosco Sticks or Turkey & Cheese Sub Chips Salad Fruit
28 <sup>th</sup> Chicken Nuggets or McRib Sandwich French Fries Corn Fruit	29 <sup>th</sup> Beef Nachos or Corn Dog w/ French Fries Broccoli Fruit	30 <sup>th</sup> Cowboy Cavatini w/ Breadstick or Turkey Wrap w/ Chips Fresh Veggies Fruit	31 <sup>st</sup> Chicken & Cheese Crispito or Soft Taco w/ Chips Fruit Graham Snacks	Feb 1 <sup>st</sup> Creamed Chicken Over Biscuit or Popcorn Chicken w/ French Fries Mixed Vegetables Fruit

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Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
7 <sup>th</sup> Breakfast Burrito Fruit/Juice Milk	8 <sup>th</sup> Cheese Omelet w/ Toast Fruit/Juice Milk	9 <sup>th</sup> Dutch Waffle Fruit/Juice Milk	10 <sup>th</sup> Mini Chocolate Donuts Fruit/Juice Milk	11 <sup>th</sup> Biscuits & Gravy Fruit/juice Milk
14 <sup>th</sup> Mini Powdered Donuts Fruit/Juice Milk	15 <sup>th</sup> Egg & Cheese Biscuit Fruit/Juice Milk	16 <sup>th</sup> Mini Pancakes Fruit/Juice Milk	17 <sup>th</sup> Yogurt Parfait Fruit/Juice Milk	18 <sup>th</sup> Cinnamon Roll Fruit/Juice Milk
21 <sup>st</sup> Breakfast Stick w/ Syrup Fruit/Juice Milk	22 <sup>nd</sup> Dutch Waffle Fruit/Juice Milk	23 <sup>rd</sup> Breakfast Pizza Fruit/Juice Milk	24 <sup>th</sup> Bacon, Egg & Cheese Eggstravaganza w/ Toast Fruit/Juice Milk	25 <sup>th</sup> Biscuits & Gravy Fruit/Juice Milk
28 <sup>th</sup> Breakfast Burrito Fruit/Juice Milk	29 <sup>th</sup> Cheese Omelet w/ Toast Fruit/Juice Milk	30 <sup>th</sup> Dutch Waffle Fruit/Juice Milk	31 <sup>st</sup> Mini Chocolate Donuts Fruit/Juice Milk	Feb. 1 <sup>st</sup> Cinnamon Roll Fruit/Juice Milk