



Panther Paw Pack offered everyday as an entrée choice. Mon-Wed-Fri PB & J Tues-Thurs Deli Ham or Turkey

This institution is an equal opportunity provider



LUNCH MEAL PATTERN

- 2 oz. grain (8 oz. minimum per week)
- 2 oz. meat/meat alternate (8-9 oz. minimum per week)
- 1 Cup vegetable daily (3 ¾ cups per week minimum)
- ½ cup fruit daily (21/2 cups per week)
- 1 cup Milk daily



Monday

Tuesday

Wednesday

Thursday

Friday

Happy New Year

1

In-service Day Teachers & Staff

2

Manager's Choice

3

Lasagna w/ Breadstick or Hot Ham & Cheese, Mixed Romaine Salad w/tomato, Baked Potato, Fruit Choice, Milk

4

Chicken Alfredo, Roll or Hamburger w/trimmings, Broccoli w/cheese, Black-eyed Peas, Mixed Veggie cup, Fruit choice, Milk

5

Taco w/soft shell Tortilla or Hot Dog, Lettuce Tomato Cheese, Whole Kernal Corn, Pinto Beans, Fruit Choice, Milk

8

Spaghetti w/Breadstick or Chicken Strip Sandwich, Baked Potato, Green Beans, Baby Carrots w/dip, Fruit Choice, Milk

9

Chicken Smackers w/roll or Pizza, Steamed Veggies, Mixed Romaine Salad w/Tomato, Tater Tots, Fruit Choice, Milk

10

BBQ Sandwich or Calzone, Baked Beans, French Fries, Creamy Coleslaw, Fruit Choice, Milk

11

Chili w/crackers or Cheeseburger w/trimmings, Cheese Toast, Tater Triangles, Mixed Veggie cup, Fruit Choice, Milk

12

Martin Luther King Day
No School

15

Steak w/gravy or Chicken Smackers, Cornbread, Black-eyed Peas, Creamed Potatoes, Fruit Choice, Milk

16

Chef Salad w/crackers or Personal Pizza, Baby Carrots w/dip, French Fries, Fruit Choice, Milk

17

Pork Roast w/gravy, Roll or Hot Ham & Cheese, Green Beans, Creamy Corn, Mixed Romaine Salad w/Tomato, Fruit Choice, Milk

18

Beef a Roni w/Breadstick or Hamburger w/trimmings, Steamed Veggies, Pinto Beans, Fruit Choice, Milk

19

Chicken & Dumplings w/Cornbread or Corn Dog, White Beans, Sweet Potato Fries, Baby Carrots w/dip, Fruit Choice, Milk

22

Hamburger Steak w/Roll or Chicken Strip Sandwich, Roasted Potatoes, Mixed Romaine Salad w/Tomato, Baby Carrots w/dip, Fruit Choice, Milk

23

Fish w/Hushpuppies or Pizza Max Sticks, French Fries, Turnip Greens, Creamy Coleslaw, Fruit choice, Milk

24

BBQ Nachos or Calzone, Pinto Beans, Corn on the Cob, Fruit Choice, Milk

25

Vegetable Beef Soup w/Crackers or Cheeseburger w/trimmings, Tator Triangles, Cheese Toast, Mixed Veggie Cup, Fruit Choice, Milk

26

Meatball Sub or Hot Dog, Spicy Fries, Baked Beans, Fruit Choice, Milk

29

Turkey Roast w/Gravy, or Chicken Smackers, Roll, Black-eyed Peas, Glazed Carrots, Fruit Choice, Milk

30

Ravioli Casserole w/Breadstick or Pizza, Green Beans, Baked Potato, Mixed Romaine Salad w/Tomato, Fruit Choice, Milk

31

