

# JANUARY 2018

## TOW JANUARY 2018 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>WINTER BREAK</b>	<b>2</b> <b>WINTER BREAK</b>	<b>3</b> <b>WINTER BREAK</b>	<b>4</b> <b>WINTER BREAK</b>	<b>5</b> <b>WINTER BREAK</b>
<b>8</b> <b>MEATLESS MONDAY</b> Bosco's Cheese Sticks (V) W/Marinara Sauce Green Beans Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>9</b> Mandarin King House Chicken w/Rice Peach Cup Choice of Sides Choice of Milk	<b>10</b> 100% All Beef Hot Dog or Veggie Burger (V) Baked Beans Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>11</b> Popcorn Chicken Steamed Corn Applesauce Cup Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>12</b> <b>Z PIZZA</b> Cheese or (V) Pepperoni Pizza Sliced Peaches Seasonal Fresh Fruits and Vegetables Choice of Milk
<b>15</b> <b>MARTIN LUTHER KING HOLIDAY</b>	<b>16</b> Meatball Sub Blue Raspberry Lemon Ice Choice of Sides Choice of Milk	<b>17</b> <b>HARVEST OF THE MONTH</b> 100% All Beef Hamburger, Cheeseburger or Veggie Burger (V) Whole Grain Bun Baked Beans Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>18</b> Popcorn Chicken Steamed Corn Applesauce Cup Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>19</b> <b>Z PIZZA</b> Cheese Pizza (V) Peach Cup Seasonal Fresh Fruits and Vegetables Choice of Milk
<b>22</b> <b>MEATLESS MONDAY</b> All Natural Bean & Cheese Burrito (V) Salsa – Applesauce Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>23</b> Mandarin King House Chicken w/Rice Fresh Fruit Choice of Sides Choice of Milk	<b>24</b> 100% All Beef Hot Dog or Veggie Burger (V) Applesauce Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>25</b> Sloppy Joe's on Whole Grain Bun Mixed Fruit Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>26</b> <b>Z PIZZA</b> Cheese or (V) Pepperoni Pizza Applesauce Cup Seasonal Fresh Fruits and Vegetables Choice of Milk
<b>29</b> <b>MEATLESS MONDAY</b> Spaghetti (V) W/Marinara Sauce Mixed Fruit Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>30</b> Chili Con Carne with Gold Fish Blue Raspberry Lemon Ice Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>31</b> 100% All Beef Hamburger, Cheeseburger or Veggie Burger (V) Whole Grain Bun Applesauce Seasonal Fresh Fruits and Vegetables Choice of Milk	<b>DID YOU KNOW...</b> <b>JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.</b>	

### SNACKS

Bagel w/Cream Cheese	\$1.00
Blueberry Muffin	\$0.75
Soft Pretzel	\$1.00
Yogurt	\$1.25
Breakfast Sandwich	\$2.00
Small Cereal w/Milk	\$1.25
Fruit Parfait	\$2.00
Assorted Chips	\$1.00
Granola Bar	\$0.50
Clif Bar	\$1.50
Krispy Treat	\$1.00
Milk/Juice	\$0.60
Fresh Fruit	\$0.50
Water	\$1.00

Lunch Price \$3.90  
Staff Meal \$4.40

**FRESH FRUIT/SALAD BAR NOW PROUDLY SERVING SEASONAL LOCALLY GROWN FRUITS & VEGETABLES CHOICE OF MILK**

**School News**  
**HARVEST OF THE MONTH**  
**TOW MANDARIN TREE**  
**JOIN NUTRITION SERVICES & TOW 5<sup>TH</sup> GRADE STUDENT COUNCIL FOR A MANDARIN TASTE TEST ON JANUARY 17<sup>TH</sup>**

