



January 2019 - Supper Menu

Ontario-Montclair School District - Food & Nutrition Services



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Daily choice of milk: 1% White OR Non-Fat Chocolate OR Non-Fat Strawberry</p> <hr/> <p>Assorted cereal with string cheese available daily at breakfast as a Second Choice</p>	<p>Harvest of the Month Broccoli</p>	<p>CHOOSE WHAT YOU WANT EAT WHAT YOU CHOOSE</p>	<p>Remember to take 3 out of the 5 food components. One of the components must be a 1/2 cup fruit or vegetable.</p> <ul style="list-style-type: none"> <li style="background-color: green; color: white; padding: 2px;">Dark Green <li style="background-color: yellow; color: black; padding: 2px;">Starchy <li style="background-color: lightblue; color: black; padding: 2px;">Other <li style="background-color: red; color: white; padding: 2px;">Red/Orange <li style="background-color: purple; color: white; padding: 2px;">Legumes
<p>7</p> <p>Taco Triangles** Roasted Chickpeas Frozen Watermelon Juice Cup</p>	<p>8</p> <p>Turkey Taco Nada** Seasoned Pinto Beans Berry Juice</p>	<p>9</p> <p>Beef Chili Mac** w/Breadstick** Baby Carrots Strawberry Cup</p>	<p>10</p> <p>ANYTIMERS</p> <p>Turkey & Cheese w/Mini Crackers** Broccoli-Carrot Mix Applesauce Cup</p>	<p>11</p> <p>Sourdough Grilled Cheese Sandwich** Tossed Garden Salad Mixed Fruit</p>
<p>14</p> <p>Chicken Corndog** Celery Sticks Peach Cup</p>	<p>15</p> <p>Mini Chicken Tacos** Caesar Salad Flavored Raisels</p>	<p>16</p> <p>Bean & Cheese Burrito** Cool Peas Diced Pears</p>	<p>17</p> <p>Soft Baked Pretzel** w/Nacho Cheese Grape Tomatoes w/Ranch String Cheese Berry Juice Chocolate Chip Cookie**</p>	<p>18</p> <p>Turkey Sausage Pizza Bites** String Cheese Broccoli-Carrot Mix Applesauce Cup</p>
<p>21</p> <p>Non-School Day</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>22</p> <p>Mini Cheeseburgers** Cool Corn Diced Peaches</p>	<p>23</p> <p>Roasted Chicken w/Flour Tortilla** Seasoned Pinto Beans Apple Juice</p>	<p>24</p> <p>ANYTIMERS</p> <p>Turkey & Cheese w/Mini Crackers** Cucumber Coins Strawberry Cup Sugar Cookie**</p>	<p>25</p> <p>Peanut Butter Cup w/Crackers** String Cheese Zucchini Sticks w/Ranch Raisins</p>
<p>28</p> <p>Beef Teriyaki Dunkers w/Brown Rice** Cooked Peas Chilled Mango</p>	<p>29</p> <p>Beef Pretzel Dog ** Cooked Green Beans Apple Juice</p>	<p>30</p> <p>Turkey Ham and Cheese Deli Sub** Assorted Baked Chips Baby Carrots Diced Pears</p>	<p>31</p> <p>Fiesta Chili Lime Dippers w/Crackers** String Cheese Cucumber Coins Fresh Banana Chocolate Chocolate Chip Cookie**</p>	<p>Choose MyPlate.gov</p>

* Item contains pork

" Ontario-Montclair School District is an equal opportunity provider and employer"

**Item is whole grain-rich