

MSD of Martinsville

Bell Intermediate & Wooden Middle School

January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	5th	6th	7th	8th
Uncrustable SnackPak will be offered as a 2nd entree choice each day	Breaded Chicken Sandwich Baked Beans Sliced Carrots Apple Slices Peaches Scoops		Chicken Cordon Bleu Wrap Corn Steamed Broccoli Apple Slices Sparkly Pears	Pepperoni Pizza Baby Carrots Green Beans Apple Sauce Mixed Fruit Milk Choice
	Breakfast Bar		Cinnamon Roll	Trix Cereal Bar
11th	12th	13th	14th	15th
Chicken & Cheese Quesadilla Baby Carrots Beans & Cheese Apple Slices Mixed Fruit Salsa	Breaded Chicken Mashed Potatoes Steamed Broccoli Apple Slices Strawberries Scoops		Cheeseburger Garlic Green Beans Corn Apple Slices Blueberry Yogurt	Pepperoni Pizza Baby Carrots Peas Apple Sauce Peaches
Chocolate Breakfast Bar	Blueberry Mini Loaf		Cinnamon Roll	Trix Cereal Bar
18th	19th	20th	21st	22nd
No School	Corn Dog Baked Beans Sliced Carrots Apple Slices Peaches Scoops		Chicken Cordon Bleu Wrap Corn Steamed Broccoli Apple Slices Sparkly Pears	Pepperoni Pizza Baby Carrots Green Beans Apple Sauce Mixed Fruit Milk Choice
	Blueberry Mini Loaf		Cinnamon Roll	Trix Cereal Bar
25th	26th	27th	28th	29th
Chicken & Cheese Quesadilla Baby Carrots Beans & Cheese Apple Slices Mixed Fruit Salsa	Breaded Chicken Mashed Potatoes Steamed Broccoli Apple Slices Strawberries Scoops		Cheeseburger Garlic Green Beans Corn Apple Slices Blueberry Yogurt Milk Choice	Pepperoni Pizza Baby Carrots Peas Apple Sauce Peaches Milk Choice
Chocolate Breakfast Bar	Blueberry Mini Loaf		Cinnamon Roll	Trix Cereal Bar

A USDA funded lunch requires a fruit or vegetable and 2 additional components to make a meal. Milk is offered as one of those components with all meals.

A full lunch includes five components: Protein, Grain, Fruit, Vegetable, and Milk or students can choose a lite meal with a fruit or veggie with 2 additional components.