

**THOMASTON SCHOOL LUNCH
BLACKROCK SCHOOL**

MILK \$.50
LUNCH \$3.00

January-2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan				
	POPCORN CHICKEN BITES WARM DINNER ROLL DIPPING SAUCES GLAZED CARROTS FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	WARM SOFT PRETZEL CHOOSE 1 OR 2 CHEESE SAUCE, PEANUT BUTTER, STRING CHEESE OR YOGURT STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	PASTA with MEAT SAUCE WG BREADSTICK GARDEN SALAD FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	6" PERSONAL ROUND CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY				
9	10	11	12	13				
CHICKEN PATTIE ON A ROLL LETTUCE AND TOMATO SWEET CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	CREAMY MACARONI AND CHEESE STEAMED BROCCOLI FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	HOT DOG ON A BUN BAKED BEANS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	PIZZA CRUNCHERS GARDEN SALAD FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	FRENCH BREAD CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY				
16	17	18	19	20				
	CHICKEN TENDERS WITH A BROWN RICE DIPPING SAUCES SWEET CORN CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	BEEF NACHOS with CHEESE SAUCE STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	TOASTED CHEESE SANDWICH TOMATO SOUP FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	Inauguration Day 20 6" PERSONAL ROUND CHEESE PIZZA GARDEN SALAD SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY				
23	24	25	26	27				
CHICKEN NUGGETS DIPPING SAUCES BROWN RICE GLAZED CARROTS CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	MINI PANCAKES WITH SAUSAGE PATTIE, SYRUP OVEN ROASTED POTATOES FRUIT JUICE CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	MOZZARELLA STICKS MARINARA DIPPING SAUCE STEAMED BROCCOLI CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	 CELEBRATE ALL JANUARY BIRTHDAYS HAMBURGER or CHEESEBURGER ON A BUN OVEN BAKED FRIES FRUIT JUICE Whole Grain Mini Rice Krispie Treat CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY	STUFFED CRUST CHEESE PIZZA GARDEN SALAD CANNED FRUIT TRAY ASSORT FRESH VEG & FRUIT TRAY				
ADDITIONAL ENTREES SERVED DAILY Choice #2 ASSORTED GRINDERS Choice #3 Bagel Box, Cream Cheese, Fruited Yogurt, Cheese Stick, Choice #4 CHEF SALAD - Assorted salad greens, turkey and cheese with a dinner roll and croutons Choice of non-fat or low fat, white milk or non fat chocolate, non fat strawberry milk included with every meal.			SUBSTITUTIONS MAY OCCUR This institution is an equal opportunity provider <table border="1"> <tr> <td>ICE-CREAM & FROZEN TREATS \$1.00</td> <td>WATER \$1.00</td> </tr> <tr> <td>HEALTHY SNACKS \$1.00</td> <td>BREAKFAST \$1.50</td> </tr> </table>		ICE-CREAM & FROZEN TREATS \$1.00	WATER \$1.00	HEALTHY SNACKS \$1.00	BREAKFAST \$1.50
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HEALTHY SNACKS \$1.00	BREAKFAST \$1.50							
COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUIT OR CANNED FRUIT			choose one or two vegetables daily 	choose one fruit daily 	Milk Serving 8oz. Breads are Whole Grain Fruit and Vegetables portioned in 1/2 cup servings			