

January 2012 Menu Lunch

JANUARY LUNCH NOTES !

Jan 3rd -- Back to School K-8
 Jan 16th --NO HOT LUNCHES- MUST PACK
 January 30th Catholic Schools Week Begins!!

Lunches must be ordered BEFORE
 Dec 21st for the week of January 3rd

You may order lunches for the week
 or for the month. For the month,
 simply write on your menu your
 student(s) Name and grade and send
 a copy with your payment. It is that
 easy!!!!

REMEMBER that if you qualify for free lunches,
 you will need to pay for a milk if you choose
 to pack a lunch. Your milk is only subsidized
 by the state if it is served with the lunch.
 OJ is not included in the lunches, it is 50 cents

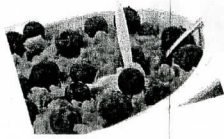
LUNCH PRICES

Reduced Lunch	\$0.40
Milk	\$0.45
Orange Juice	\$0.50
Regular Lunch	\$2.30
Large Lunch	\$2.55
Second Lunch	\$2.80

Monday	Tuesday	Wednesday	Thursday	Friday
2 WINTER BREAK	3 Omelet Tri-tator tots Juice Animal crackers Pancakes	4 Chicken tenders Corn Raisin pouch Teddy grahams Wheat roll	5 Grilled Cheese Sandwich Tropical Treasures Applesauce Graham Crackers Milk 759 kcal 123 g CHO 19 g fat	6 Chili Cheese Wrap Refried Beans Chilled Peaches Pumpkin Cake Milk 838 kcal 126 g CHO 21 g fat
9 Chicken Nuggets Sweet Potatoes Chilled Pears Orange Cookie Milk 718 kcal 106 g CHO 21 g fat	10 Beef & Bean Birrito Baby Carrots Green Apple Wedges Banana Bread Milk 736 kcal 109 g CHO 21 g fat	11 Mozzarella Breadsticks Fresh Celery Peanut Butter Fresh Grapes Goldfish Grahams Milk 732 kcal 96 g CHO 25 g fat	12 Hot Dog Peas Tropical Fruit Apple Muffin Milk 665 kcal 105 g CHO 18 g fat	13 Macaroni & Cheese Steamed Broccoli Chilled Peaches Strawberry Waffle Graham Milk
16 NO HOT LUNCH MUST PACK	17 ^Sausage Pizza Baby Carrots Fruit Cocktail Spice Muffin Milk 721 kcal 98 g CHO 25 g fat	18 Grilled Chicken Sandwich Baked Beans Banana Vanilla Bear Grahams Milk 667 kcal 118 g CHO 11 g fat	19 Turkey & Noodles Whipped Potatoes Mandarin Oranges Cherry Cake Milk 610 kcal 91 g CHO 15 g fat	20 Cheese Omelet Whole Grain Pancakes Spiced Apples Strawberries & Pineapple Milk 697 kcal 129 g CHO 13 g fat
23 Chicken Fryz Baked Potato Chilled Peaches Carrot Cake Milk 712 kcal 98 g CHO 23 g fat	24 Mexican Cheese Sauce Breadsticks Baby Carrots Tropical Treasures White Chocolate & Cranberry Cookie Milk 811 kcal 123 g CHO 25 g fat	25 Turkey Pepperoni Breadsticks Cucumber Coins Applesauce Sports Grahams Milk 651 kcal 85 g CHO 16 g fat	26 Mini Beef Ravioli Whole Wheat Roll Fresh Broccoli Fresh Pear half Milk 602 kcal 97 g CHO 16 g fat	27 Beef Hamburger Corn Fresh Orange Half Blueberry Muffin Milk 729 kcal 100 g CHO 24 g fat
30 Chicken Corn Dog Green Beans Red Apple Wedges Apple Gingerbread Milk 655 kcal 94 g CHO 23 g fat	31 Galaxy Cheese Pizza Fresh Celery Peanut Butter Raisins Teddy Grahams Milk 748 kcal 98 g CHO 28 g fat	<p>Menu Key: ^ Pork in products. Menus are subject to change without notice.</p> <p>The USDA and the State of Indiana are equal opportunity providers and employers.</p>		

For more information, visit our website at:
<http://foodservice.fwcs.k12.in.us/>





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Large Lunch

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LUNCH PRICES

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Milk	\$0.45
Orange Juice	\$0.50
Regular Lunch	\$2.30
Large Lunch	\$2.55
Second Lunch	\$2.80

Monday	Tuesday	Wednesday	Thursday	Friday
2 WINTER BREAK	3 Omelet Tri-tator tots Juice Animal crackers Pancakes	4 Chicken tenders Corn Raisin pouch Teddy grahams Wheat roll	5 Grilled Cheese Sandwich Green Beans Potato Wedges Tropical Treasures Applesauce Graham Crackers Milk 922 kcal 154g CHO 23g fat	6 Chili Cheese Wrap Refried Beans Steamed Broccoli Chilled Peaches Pumpkin Cake Milk 856kcal 129g CHO 21g fat
9 Chicken Nuggets Sweet Potatoes Hot Pretzel Chilled Pears Orange Cookie Milk 826kcal 129g CHO 21g fat	10 Beef & Bean Burrito Corn Refried Beans Baby Carrots Green Apple Wedges Banana Bread Milk 980 kcal 149g CHO 25g fat	11 Mozzarella Breadsticks Capri Vegetables Spiced Apples Fresh Celery/Peanut Butter Fresh Grapes Goldfish Grahams Milk 802 kcal 121g CHO 23g fat	12 Hot Dog Peas Tator Tots Tropical Fruit Apple Muffin Milk 835 kcal 122g CHO 28g fat	13 Macaroni & Cheese Steamed Broccoli Chilled Peaches Strawberry Waffle Graham Milk Whole Wheat Roll
16 NO HOT LUNCH MUST PACK	17 ^Sausage Pizza Spudsters Steamed Broccoli Baby Carrots Fruit Cocktail Spice Muffin Milk 891kcal 135g CHO 21g fat	18 Grilled Chicken Sandwich Baked Beans Macaroni & Cheese Banana Vanilla Bear Grahams Milk 793 kcal 133g CHO 15g fat	19 Turkey & Noodles Whipped Potatoes Whole Wheat Roll Mandarin Oranges Cherry Cake Milk 821 kcal 127g CHO 22g fat	20 Cheese Omelet Whole Grain Pancakes Sausage Patties^ Spiced Apples Strawberries & Pineapple Milk 937 kcal 131g CHO 33g fat
23 Chicken Fryz Baked Potato Macaroni & Cheese Chilled Peaches Carrot Cake Milk 901gkcal 121g CHO 29g fat	24 Mexican Cheese Sauce Breadsticks California Veggies Baby Carrots Tropical Treasures White Chocolate & Cranberry Cookie Milk 979kcal 154g CHO 28g fat	25 Turkey Pepperoni Breadsticks Peas Hot Pretzel Cucumber Coins Applesauce Sports Grahams Milk 834kcal 132g CHO 16g fat	26 Mini Beef Ravioli Whole Wheat Roll Apple Crisp Fresh Broccoli Fresh Pear half Milk 822kcal 141g CHO 21g fat	27 Beef Hamburger Corn Fresh Orange half Blueberry Muffin Milk Baked Beans 866 kcal 133g CHO 24g fat
30 Chicken Corn Dog Green Beans Sweet Potatoes Red Apple Wedges Apple Gingerbread Milk 790kcal 124g CHO 24g fat	31 Galaxy Cheese Pizza Tator Tots Capri Vegetables Fresh Celery/Peanut Butter Raisins Teddy Grahams Milk 971kcal 130g CHO 38g fat	<p>Menu Key: ^ Pork in products. Menus are subject to change without notice.</p> <p>The USDA and the State of Indiana are equal opportunity providers and employers.</p> <p>For more information, visit our website at: http://foodservice.fwcs.k12.in.us/</p>		