

DIOCESE OF LAKE CHARLES January 2019

Mon	Tue	Wed	Thu	Fri
<p>Choice of Milk 1% White Fat Free Chocolate Fat Free Strawberry</p> <p>Menus Subject to Change</p>	1	2	3	4
7	8	9	10	11
<p>Chicken Nuggets Sweet Potato Puffs OR SP Fries 1/2 Celery Sticks 1/4-1/2 Applesauce 1/2 HS Fruit 1/2 WG Yeast Roll</p>	<p>Italian Meat Sauce WG Spaghetti 1/2 Green Beans 1/2 DG's Salad 1/4 Pineapple Tidbits 1/2 HS Fruit 1/2 WG Garlic Roll</p>	<p>Salisbury Steak, G. Creamy Potatoes 1/2 Black Eye Peas 1/2 Peach Slices 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>Chicken Stew OR Gumbo Brown Rice 1/2 Broccoli 1/2 Baby Carrots 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2 WG Yeast Roll</p>	<p>Baked Potato Cheese/SC/BB DG's Salad 1/4-1/2 Tomato, Diced 1/4 Cucumber Slices 1/4 Fruit Mix 1/2 H. S. Fruit 1/2 WG Cinnamon Roll</p>
14	15	16	17	18
<p>Fiesta Soft Taco (GB/Cheese/JP/SC) IB Lettuce 1/8 Salsa 1/4 Pinto Beans 1/2 Corn on the Cob 1/4 Peach Slices 1/2 HS Fruit 1/2</p>	<p>Hamburger WG Hamburger Bun Tomato Slices 1/8-1/4 IB Lettuce 1/4 French Fries 1/2 Pear Slices 1/2 HS Fruit 1/2 WG Cookie Choice</p>	<p>Beef Finger Steaks Broccoli 1/2 (Fresh) Dip for Broccoli Glazed Carrots 1/4-1/2 Pineapple Tidbits 1/2 H. S. Fruit 1/2 WG Yeast Roll</p>	<p>Pork Roast, Gravy Brown Rice 1/2 Sweet Peas 1/2 Cauliflower 1/4-1/2 Cheese Sauce Spiced Apples 1/2 HS Fruit 1/2 WG Yeast Roll</p>	<p>Cheesy Pasta WG Pasta 1/2 Yam Patty 1/2 DG's Salad 1/4-1/2 Orange Smiles 1/2 H. S. Fruit 1/2 WG Garlic Roll</p>
21	22	23	24	25
<p>MARTIN LUTHER KING DAY</p> <p>NO SCHOOL</p>	<p>Hot Dog, Chili WG Hot Dog Bun Tator Tots OR French Fries 1/2 Mexican Beans 1/2 Fruit Mix 1/2 HS Fruit 1/2 WG Dessert Choice</p>	<p>Chicken Nuggets Mac & Cheese 1/2 Baby Carrots 1/4 Cherry Tomatoes 1/4 Cucumber S. 1/4-1/2 Dip for Vegetables Pear Slices 1/2 HS Fruit 1/2</p>	<p>Baked Chicken, G. Brown Rice 1/2 Lima Beans 1/2 Glazed Carrots 1/4-1/2 Applesauce 1/2 HS Fruit 1/2 WG Yeast Roll</p>	<p>Nachos Grande Cheese/JP/SC IB Lettuce 1/4-1/2 Sweet Kernel Corn 1/2 Apple Wedges 1/2 HS Fruit 1/2 WG Cinnamon Roll</p>
28	29	30	31	<p>Notification: Peanuts/Peanut Butter are not used in our meals. However, some products may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.</p>
<p>Cheeseburger WG Hamburger Bun Tomato Slices 1/4 IB Lettuce 1/8-1/4 French Fries 1/2 Orange Smiles 1/2 HS Fruit 1/2 WG Dessert Choice</p>	<p>Fiesta Soft Tacos (GB/Cheese/JP/SC) IB Lettuce 1/8 Pinto Beans 1/2 Sweet Kernel Corn 1/2 Peach Slices 1/2 HS Fruit 1/2</p>	<p>Italian Meat Sauce WG Spaghetti 1/2 Green Beans 1/2 D.G's Salad 1/4 Pineapple Tidbits 1/2 HS Fruit 1/2 WG Garlic Roll</p>	<p>Turkey Roast, Gravy Red Beans 1/2 & Brown Rice 1/2 Yam Patty 1/4-1/2 Apple Wedges 1/2 HS Fruit 1/2 Southern Cornbread</p>	

This institution is an equal opportunity provider.

DECEMBER 6, 2018