

# MOC-FV Lunch Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School	2 No School	3 Pasta Bake Spinach Salad/Tomatoes/ Dressing Garlic Toast Apple Choc. Chip Cookie (HS) Milk	4 Tavern on a Bun/Cheese Confetti Fries/Ketchup Baked Beans Grapes Crispy Bar (HS) Milk
7 Meatloaf Slice on a Bun Mashed Potatoes/Gravy Candied Carrots Fruit Graham Cookies (HS) Milk	8 Chicken Fingers/BBQ Sauce Potato Smiles/Ketchup Broccoli Breadstick Mandarin Oranges Milk	9 Chili Cinnamon Roll Fresh Veggies/Dressing Fruit Milk	10 BBQ Sandwich Hash Brown/Ketchup Green Beans Kiwi Snickerdoodle (HS) Milk	11 No School
14 Hamburger on a Bun/ Cheese/Lettuce/ Tomatoes Confetti Fries/Ketchup Fruit Milk	15 Taco in a Bag Cheese/Lettuce/ Tomatoes Refried Beans Pineapple Churro (MS, HS) Milk	16 Hot Dog on a Bun Potato Wedges/ Ketchup Broccoli Apple Cookies Milk	17 Ham Mashed Potatoes/Gravy Green Beans Dinner Roll Kiwi Graham Crackers Milk	18 Grilled Cheese Cooked Carrots Strawberries & Bananas Crispy Bar Milk
21 Deli Sub Sandwich Lettuce/Tomato/Cheese Hash Brown/Ketchup Broccoli Fruit Cookies Milk	22 Pizza Breadstick/Marinara Corn Bananas Milk	23 Tacos Lettuce/Tomatoes/ Cheese Baked Beans Chips/Salsa (HS) Pears Milk	24 Fish Filet Sandwich/ Tartar Sauce Cucumbers & Carrots/ Dressing Applesauce Cups Granola Bar (HS) Milk	25 Popcorn Chicken/BBQ Sauce Mashed Potatoes/Gravy Green Beans Dinner Roll Oranges Milk
28 Mr. Rib on a Bun/BBQ Sauce Confetti Fries/Ketchup Baked Beans Fruit Milk	29 Italian Dunkers Meat Sauce Spinach Salad/Dressing Carrots Strawberries Milk	30 Chicken Strips/Ketchup Mashed Potatoes/Gravy Broccoli Dinner Roll Fruit Cookies (HS) Milk	31 French Toast Sticks/ Syrup Sausage Potato Wedges/Ketchup Peaches Graham Snacks (HS) Milk	