

January 2018 Ben Milam Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MILK IS OFFERED WITH EVERY MEAL	1	2	3	4 sausage roll, juice Sausage wrap, tater tots, veggie beans, fruit, mustard, ketchup	5 Cereal, graham cracker, Fruit Cheese pizza, corn, fruit, broccoli/cheese, fruit	6
7	8 bagels, fruit chili cheese dogs, tater tots, baby carrots, ff ranch, fruit	9 biscuit/sausage, juice Beef nachos, pinto beans , Shred romaine, tomatoes, fruit, chips	10 pancakes, fruit Chicken nuggets, brown rice, gravy, mixed veggies, broccoli, fruit, bread	11 waffles, juice Hamburger, tater tots, lettuce, tomatoes, fruit, mustard, ketchup, ff mayo	12 cereal, Scooby doo, fruit Pepperoni pizza, corn, fruit, garden salad, f f ranch	13
14	15 MLK HOLIDAY	16 chocolate chip muffin, juice Beef tacos, pinto beans , Shred romaine, tomatoes, fruit, salsa	17 french toast sticks, little smokies, fruit Steak fingers, mashed potatoes, broccoli/cheese, Sliced carrots, fruit, gravy, bread	18 pancake on a stick, juice cheese burger, tater tots, lettuce, tomatoes, fruit, mustard, ketchup, ff mayo	19 Cereal, graham cracker, Fruit Cheese pizza, corn, fruit, garden salad, f f ranch	20
21	22 br. pizza, fruit Corn dog, broccoli, mac/cheese, peas & carrots, Fruit, mustard, ketchup	23 biscuit/sausage, juice Beef enchiladas, spanish rice, pinto beans , shred romaine, tomatoes, fruit, salsa	24 pancakes, fruit Chicken nuggets, brown rice, gravy, mixed veggies, broccoli, fruit, bread	25 waffles, juice Hamburger, tater tots, lettuce, tomatoes, fruit, mustard, ketchup, ff mayo	26 cereal, Scooby doo, fruit Pepperoni pizza, corn, fruit, garden salad, f f ranch	27
28	29 bagels, fruit chili cheese dogs, tater tots, baby carrots, ff ranch, fruit	30 pancake & sausage Juice Beef nachos, pinto beans , Shred romaine, tomatoes, fruit, chips	31 sausage roll, fruit Ham & cheese sandwich, celery carrots, fruit, mustard, ff mayo, pickle spears, chips,	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER		