## Cook Cas

## Twin Valley Community Local Schools

K-5 Lunch Menu January 2019

11

25

Pulled Pork Sandwich Or Chicken Nuggets Pretzel Rod Golden Corn Breaded Chicken Drumstick Or Cheeseburger Green Peas Pizza Sticks with Marinara Sauce Or Hot Dog Baked Beans Soft Beef Tacos Or Chicken Patty Refried Beans

10

24

31

Cheese or Pepperoni Pizza Or Spicy Chicken Patty Garden Salad

Mini Corn Dogs Or Chicken Nuggets

Pretzel Rod

**Green Peas** 

Popcorn Chicken Bowl Pretzel Rod Or Cheeseburger Green Beans

15

22

29

Backyard Burger Or Hot dog Baked Beans

16

23

30

Soft Beef Tacos Or Chicken Patty Sliced Carrots

Cheese or Pepperoni Pizza Or Spicy Chicken Patty Garden Salad

21

28

MLK Day No School Grilled Cheese with
Tomato Soup
Or
Cheeseburger
Golden Corn

French toast Sticks Sausage Patty Or Hot Dog Hash brown Patty

Nacho cheese Walking Taco Or Chicken Patty BBQ Black Beans Cheese or Pepperoni Pizza Or Spicy Chicken Patty Garden Salad

Teacher's PD

Macaroni and Cheese Or Cheeseburger French Fries Country Chicken Nugget Bowl Or Hot Dog Baked Beans

Bean/Beef Burrito Or Chicken Patty Green Beans

PB&J, Chef Salads, Caesar Salads, Baby Carrots, Grape Tomatoes, and Celery Sticks are offered daily!! What is a
Reimbursable
Lunch? Must choose 3
Components with one
being ½ cup fruit or
vegetable.

- 1. Whole Grain 2. Fruit
  - 3. Vegetable
  - 4. Meat/Meat Alternate

5. Milk-1%, Skim

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Fresh or Canned Fruit Offered Daily White & Chocolate Milk Offered Daily All Lunch Entrees Are Whole Grain All Lunch meals meet the National School LunchProgram

This institution is an equal opportunity provider.

Full Paid Student: \$2.85 Reduced Student: \$0.40 Adult meals: \$3.40 aramark