

# January 2018

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.**

**Fruit Juice and Desserts served on occasion.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

No  
School

1

No  
School

2

No  
School

3

No  
School

4

No  
School

5

Corn Dogs  
Baked Beans  
Fruit  
Brownie

8

Sausage, Egg & Cheese  
On a Biscuit  
Raw Carrots & Ranch  
Fruit  
Gogurt

9

BBQ on a Bun  
Caesar Salad  
Fruit  
Jell-O Cup

10

Beef Tacos  
Nacho Chips  
Salsa/Sour Cream  
Corn  
Fruit, Fruit Snacks

11

Chicken Patty on a Bun  
Green Beans  
Fruit  
Pudding Cup

12

No  
School

15

Pretzels w/ Cheese  
Green Beans  
Fruit  
Jell-O Cup

16

Meatball Sandwich  
Marinara Sauce  
Potato Smiles  
Fruit

17

Chicken Nuggets  
Peas  
Fruit  
Gogurt

18

Hamburger or  
Cheeseburger on a Bun  
Lettuce Salad w/ Dressing  
Fruit  
Pudding Cup

19

Mini Corn Dogs  
Nacho Chips & Cheese  
Green Beans  
Fruit

22

Chicken Caesar Salad  
Carrots  
Fruit  
Rice Krispy Treat

23

Cheese-filled  
Breadsticks w/ Marinara  
Corn  
Fruit  
Gogurt

24

Pork Riblet on a Bun  
Peas  
Fruit  
Pudding Cup

25

Hot Dog on a Bun  
Baked Beans  
Fruit  
Jell-O Cup

26

French Toast Sticks  
Hash Browns  
Raw Carrots & Ranch  
Fruit  
Yogurt

29

Chicken Tenders  
Baked Beans  
Fruit  
Pudding Cup

30

Double Stuffed Pizza  
Green Beans  
Fruit  
Granola Bar

31

