



**January 2020 K-8 Lunch Menu
US Foods - St. Louis**

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<p>6 Popcorn Chicken & WG Bread Celery Sticks w/ Ranch Dip Chilled Fruit Choice of Milk</p> <p>Choice of Cereal, Oatmeal whole wheat toast & Jelly Chilled fruit and juice milk</p>	<p>7 Charbroil burger/cheese on Bun Sliced Carrots Fresh Fruit Jello choice of milk</p> <p>Oatmeal Chocolate Chunk muffin chilled fruit and juice milk</p>	<p>8 Chicken & Dumplings/ WG roll Mashed Potatoes & Gravy Chilled Fruit Jello Choice of Milk</p> <p>Choice of cereal Whole wheat toast & jelly chilled fruit and juice milk</p>	<p>9 Bosco Sticks & Marinara Sauce Steamed Broccoli & Cheese Sauce Fresh Fruit Choice of Milk</p> <p>Pancakes w/syrup yogart chilled fruit, juice Milk</p>	<p>10 Crispito Baked Beans Chilled Fruit graham cracker Choice of Milk</p> <p>Biscuits & Gravy Sausage Chilled fruit and juice milk</p>
<p>13 Chicken noodle soup/crackers Carrot Sticks String Cheese P/B bread Chilled Fruit Choice of Milk</p> <p>Choice of Cereal, Oatmeal Whole Wheat toast & Jelly chilled Fruit and Juice and Milk</p>	<p>14 Breaded beef Patty Mashed potatoes Chilled Fruit, WG bread Choice of Milk</p> <p>Sausage Biscuit Chilled Fruit and Juice milk</p>	<p>15 BBQ pork on bun baked beans Chilled Fruit Graham Cracker Choice of Milk</p> <p>French Toast Chilled fruit and juice Milk</p>	<p>16 Spaghetti & Breadstick Garden Salad & Ranch Dressing Chilled Fruit Choice of Milk</p> <p>Choice of Cereal, Poptarts Whole Wheat Toast & Jelly Chilled fruit, juice and Milk</p>	<p>17 Chicken Patty, w/g bread Green Beans Chilled Fruit Choice of Milk cookies</p> <p>Pancakes & syrup, Sausage Chilled Fruit, juice Milk</p>
<p>20 NO SCHOOL MLK Day</p>	<p>21 Nachos w/ Beef Corn Fresh Fruit Choice of Milk</p> <p>Sausage Pancake Stick Chilled fruit and juice W/G toast milk</p>	<p>22 Parmesan Chicken & WG Roll Roasted Cauliflower Chilled Fruit Choice of Milk</p> <p>Eggs Eggstravaganza & Toast Chilled Fruit and Juice Milk</p>	<p>23 Lasagna & Breadstick Sliced Carrots Fresh Fruit Choice of Milk</p> <p>Choice of Cereal, granola bar Whole Wheat Toast & Jelly Chilled Fruit & juice Milk</p>	<p>24 Deli Turkey sandwich Baked Beans Chilled Fruit Cookie Choice of Milk</p> <p>Breakfast Pizza, Cereal Whole Wheat Toast & Jelly Chilled Fruit, juice Milk</p>
<p>27 Chicken Nuggets & WG Bread Carrot Sticks Chilled Fruit Choice of Milk</p> <p>Choice of Cereal, Whole Wheat Toast & jelly Chilled fruit and juice Milk</p>	<p>28. Fajita Chicken Wrap Black Beans Fresh Fruit Graham Cracker Choice of Milk Cinnamon Roll W/G Toast Chilled fruit and Juice milk</p>	<p>29 Chicken Alfredo & WG Roll Steamed Broccoli & cheese sauce Fresh Fruit Choice of milk</p> <p>French Toast, Sausage Chilled Fruit and Juice Milk</p>	<p>30 Turkey & Cheese Melt Potatoe Wedges Chilled Fruit Choice of Milk</p> <p>Bagel w/Cream cheese Cereal Chilled fruit and juice Milk</p>	<p>31 Corn Dog Green Beans Chilled Fruit Choice of Milk Cake</p> <p>Donut w/Glaze Chilled Fruit and Juice Milk</p>