

# Mission Heights Lunch January 2019

|  | 1  | 2   | 3  | 4   |
|--|--|---|--|---|
|  | <b>Happy New Year!</b>   | <b>Winter Break</b>   | <b>Winter Break</b>  | <b>Winter Break</b>   |
| 7  | 8  | 9   | 10   | 11  |
| <b>Teacher In Service</b>  | <b>Hamburger</b><br>Seasoned Veggies<br>Chilled Fruit<br>Milk Variety                      | <b>Chicken Parmesan</b><br>Steamed Vegetable<br>Dinner Roll<br>Fruit<br>Milk Variety        | <b>Corn Dog</b><br>Potato Wedges<br>Vegetables<br>Fruit<br>Milk Variety            | <b>Pepperoni Pizza</b><br>Potato Wedges<br>Vegetable<br>Fruit<br>Milk Variety       |
| 14   | 15   | 16  | 17   | 18  |
| <b>Spaghetti w/Meat Sauce</b><br>Vegetable<br>Breadstick<br>Fresh Fruit<br>Milk Variety  | <b>Meat Loaf</b><br>Mash Potato/Gravy<br>Vegetable<br>Dinner Roll<br>Fruit<br>Milk Variety | <b>Chicken Sandwich</b><br>Potato Wedges<br>Vegetables<br>Fruit<br>Milk Variety             | <b>Chili Beans</b><br>Corn Bread<br>Vegetable<br>Chilled Fruit<br>Milk Variety     | <b>Chicken Fajita Bowl</b><br>WG Rice<br>Vegetable<br>Fruit<br>Milk Variety         |
| 21   | 22   | 23  | 24   | 25  |
| <b>MLK Holiday</b>   | <b>Cheeseburger</b><br>Potato Wedges<br>Vegetable<br>Fruit<br>Milk Variety                 | <b>Asian Chicken</b><br>WG Rice<br>Vegetable<br>Fruit<br>Milk Variety                       | <b>Chicken Strips</b><br>Potato Wedges<br>Vegetable<br>Fruit<br>Milk Variety       | <b>Grilled Cheese Sandwich</b><br>Tomato Soup<br>Vegetable<br>Fruit<br>Milk Variety |
| 28   | 29   | 30  | 31   |   |
| <b>Pork Red Chili</b><br>WG Rice<br>Flour Tortilla<br>Vegetable<br>Fruit<br>Milk Variety | <b>Corn Dog</b><br>French Fries<br>Vegetable<br>Fruit<br>Milk Variety                      | <b>Meat, Bean, and Cheese Burrito</b><br>Spanish Rice<br>Vegetable<br>Fruit<br>Milk Variety | <b>Pulled Pork Sandwich</b><br>Potato Wedges<br>Vegetable<br>Fruit<br>Milk Variety |   |

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