



**Don't forget
to eat your
vegetables**

St. Charles

Lunch

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily
on the Fruit and Vegetable Bar

January

2019

MONDAY

All menus meeting Federal Nutritional requirements. Menus are subject to change but will always meet these requirements.

TUESDAY

No School

WEDNESDAY

No School

THURSDAY

Chicken Nuggets w/BBQ Sauce or BBQ Riblet
Mashed Potatoes

Romaine, Carrot Sticks, Celery Sticks, Canned Pears, Applesauce

FRIDAY

Homemade Cheese Pizza or Homemade Pepperoni Pizza

A variety of fruits and vegetables are offered daily on our FV Bar

Cheeseburger on a Bun or Deli Sub
Hot Wedged Potatoes

Romaine, Cherry Tomatoes, Cauliflower, Fresh Apple, Diced Peaches

Pasta w/Meat Sauce & Garlic Bread or BBQ Chicken on a Bun

Romaine, Baby Carrots, Snap Peas, Cubed Cantaloupe, Apple Slices

Walking Beef Tacos w/Lettuce, Tomato & Salsa or Golden Corn Dog
HOT Refried Beans
Romaine, Cucumber Slices, Green/Red Pepper Mix, Banana, Juice Cups

Macaroni & Cheese or Sloppy Joe on a Bun

Romaine, Radishes, Celery Sticks, Fresh Apples, Diced Pears

Cheesy Italian Flatbread or Sausage Italian Flatbread

A variety of fruits and vegetables are offered daily on our FV Bar

HOM - Apples
Chicken Nuggets w/BBQ Sauce or Hamburger
Hot French Fries

Romaine, Baby Carrots, Peas, Apples, Chilled Apricots

Chicken Parmesan Sandwich or Sausage Stromboli

Romaine, Cucumber, Cherry Tomatoes, Fresh Pineapple, Diced Pears

Chicken Enchilada Bake or Taco Salad
Refried Beans
Salsa
Romaine, Broccoli, Zucchini, Bananas, Applesauce

Meatloaf w/Gravy and Dinner Roll or Mozzarella Dippers w/Marinara
Mashed Potatoes
Romaine, Green & Red Pepper Mix, Celery Sticks, Fresh Pears, Peaches

Homemade Cheese Pizza or Homemade Hawaiian Pizza

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WG Rotini w/Meatballs w/Garlic Bread or All Beef Hot Dog on a Bun

Romaine, Baby Carrots, Snap Peas, Fresh Honeydew, Diced Peaches

New Item***
Baked Potato w/Taco Meat and Cheese or Crispy Chicken Salad
HOT Baked Beans
Romaine, Cucumber Slices, Green & Red Peppers, Fresh Banana, Diced Pears

New Item****
Swedish Meatballs over Buttered Egg Noodles and Dinner Roll or Chicken Patty on a Bun
Romaine, Sliced Radishes, Celery Sticks, Fresh Pear, Applesauce

Tony's Cheese Pizza or Tony's Sausage Pizza

A variety of fruits and vegetables are offered daily on our FV Bar

Grilled Cheese w/Tomato Soup or Mini Corn Dogs

Romaine, Baby Carrots, Peas, Fresh Apple, Diced Peaches

Max Sticks w/Marinara or Beef Steak Burger on a Bun

Romaine, Cucumber Slices, Cherry Tomatoes, Cantaloupe, Apple Slices

Chicken Fajitas w/ Flour Tortillas and Salsa or Turkey and Cheese Sub
HOT Black Beans

Romaine, Fresh Broccoli, Julienne Zucchini, Fresh Banana, Juice Cups

Salisbury Steak w/Gravy w/Dinner Roll or Spicy Chicken Patty on a Bun
Hot Mashed Potatoes
Romaine, Green & Red Peppers, Celery Sticks
Fresh Grapes, Diced Pears

In accordance with federal civil rights laws, the USDA programs are prohibited from discrimination based on race, color, national origin, sex, disability or age.

Prices

Lunch \$3.25
Milk \$.05
Extra Entree \$1.75

Contacts

If you have questions or comments, please call Chef Brian at 414-442-5854.

Got Milk?

Milk choice of 1% White, Skim or Chocolate

