

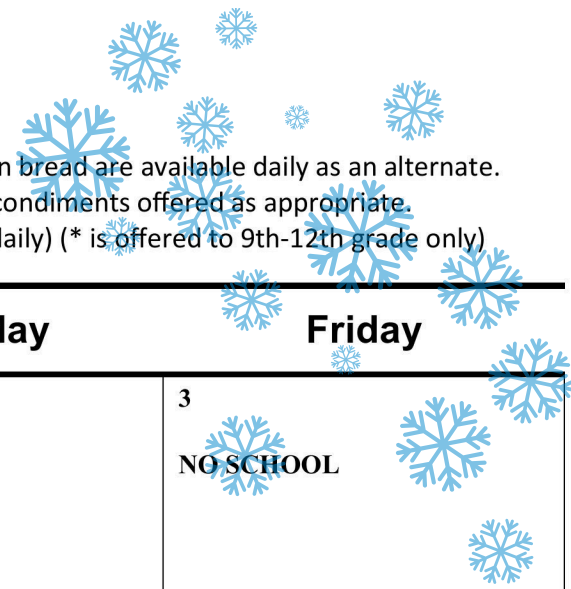
# L'ANSE AREA SCHOOLS

# January

## K-12 LUNCH MENU



Peanut butter & jelly sandwiches on whole grain bread are available daily as an alternate.  
 Low fat milk or 1% white offered daily; condiments offered as appropriate.  
 (6th -12th grade is offered alternate or salad daily) (\* is offered to 9th-12th grade only)



Monday	Tuesday	Wednesday	Thursday	Friday
30 NO SCHOOL	31 NO SCHOOL 	2 NO SCHOOL	3 NO SCHOOL	
6 HAMBURGER ON WG BUN BAKED BEANS, FRESH VEG- GIE, FRUIT & MILK  (SPICY CHICKEN PATTY)	7 CHICKEN NUGGETS, SUNFLOWER CRUNCH SAL- AD, CUCUMBERS, FRUIT & MILK (HOMEMADE PIZZABURGER)	8 SPAGHETTI SAUCE ON WG NOODLES, GREEN BEANS, GARLIC TOAST  (BONELESS WINGS)	9 PANCAKES, SAUSAGE, HASHBROWNS, FROZEN FRUIT CUP  (EGG MUFFIN)	10 PEPPERONI PIZZA (ROUND), FRESH VEGGIES, FRUIT & MILK  (TURKEY SUB)
13 CHILI w/meat & beans, CHEDDAR GOLDFISH CRACKERS, GREEN PEP- PERS, FRUIT & MILK (CHEESE BREADSTICKS)	14 RAVIOLI GREEN BEANS, DINNER ROLL, FRUIT & MILK  (HOT HAM/CH. ON KAISER)	15 1/2 DAY- 11:55 DISMISSAL  QUESADILLAS, BLACK BEAN SALSA, CARROTS, FRUIT & MILK	16 1/2 DAY- 11:55 DISMISSAL  CHEESE PIZZA, FRESH VEG- GIE, FRUIT & MILK	17 1/2 DAY- 11:55 DISMISSAL  CORN DOG, FRESH VEGGIE, FRUIT & MILK
20 CHICKEN PATTY ON WG BUN, CALIF. BLEND VEG., BAKED BEANS, FRUIT & MILK (PIZZA BURGER)	21 SLOPPY JOES ON WG BUN, CORN, FRUIT & MILK  (MOZZARELLA CH. STICKS)	22 GRILLED CHEESE SAND. ON WG BREAD, TOMATO SOUP, CARROTS, CRACK- ERS, FRUIT & MILK (CHEESEBURGER CALZONE)	23 HOT DOG ON WG BUN, BAKED BEANS, FRESH VEG- GIE, FRUIT & MILK  (BRAT)	24 CHEEZY BREADSTICK PIZZA w/MARINARA SAUCE FRESH VEGGIES, FRUIT & MILK (PHILLY STEAK SUB)
27 CHICKEN TENDERS, COLESLAW, FRESH VEGGIE, FRUIT & MILK  (LASAGNA ROLL UPS)	28 DELUXE NACHOS -meat, fiesta beans, romaine, cheese, & chips, CARROTS, FRUIT & MILK (CORN DOG)	29 MEATBALLS & GRAVY, MASHED POTATOES, SLICED CARROTS, FRUIT, DINNER ROLL & MILK (NACHO CHEESE & CHIPS)	30 CORN DOG, BAKED BEANS, FRESH VEG- GIE, FRUIT & MILK) (BAKED POTATO w/BBQ PULLED PORK)	31 FRENCH BREAD PEPPER- ONI PIZZA, FRESH VEGGIES, FRUIT & MILK  (EGG ROLLS)