

Iowa Valley Lunch Menu for January 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|--|
| This institution is an equal opportunity provider | Elementary Alternate: Cheese Sandwich | 1 NO SCHOOL | 2 NO SCHOOL | 3 Cheese Filled Breadsticks, Marinara Sauce Green Beans Fruit Cocktail | 4 Large Corn Dog Cauliflower with Cheese Apricots | 5 |
| 6 Elementary Alternate: PB Sandwich | 7 Garlic Cheese Flat Bread Pineapple Baby Carrots Red Peppers | 8 Breaded Chicken Patti/ Bun Tomato Slice Country Trio Veggies Pears | 9 Hamburger Gravy/ Mashed Potatoes B&B Sandwich Mixed Fruit | 10 Chicken Nuggets Coleslaw Chocolate Chip Muffin Peaches | 11 Cheddarwurst/Bun Baked Beans Baked Cheetoes Apples | 12 |
| 13 Elementary Alternate: Cheese Sandwich | 14 Poor Man's Pizza Baby Carrots Tropical Fruit | 15 Breaded Pork/Bun BBQ Beans Orange | 16 Chicken Drumsticks Corn, Dinner Roll, Jelly Applesauce | 17 Bosco Sticks, Marinara Sauce, Cherry Tomatoes Fruit Cocktail, Mini Chocolate Chip Cookies | 18 French Toast Yogurt Tri-Tators O.J. Graham Crackers | 19 |
| 20 Elementary Alternate: PB Sandwich | 21 Turkey Taco Meat, Tortilla Chips, Diced Tomatoes, Cheese, Salsa, Refried Beans, Mandarin Oranges, Gripz | 22 Turkey Gravy/Mashed Potatoes B&B Sandwich Spiced Apples | 23 Hot Dog/Bun Sauerkraut Mixed Veggies Apricots Goldfish | 24 Grilled Chicken/Bun Sweet Potato Puffs Banana | 25 Pizza Fresh Broccoli Pineapple | 26 |
| 27 Elementary Alternate: Cheese Sandwich | 28 Breaded Mozzarella Sticks/Marinara Sauce, Celery & P.B. Pears | 29 Elem: Mandarin Orange Chicken, HS: Fiery Chicken, Rice, Baby Carrots, Apple, Rice Krispie Treat | 30 Elem: BBQ Beef HS: Beef/Bun Baked Beans Mixed Fruit | 31 Hot Pork Gravy/Mashed Potatoes, B&B Sandwich Peaches Granola Bar | Menu is subject to change Late Start no alternate at elementary | Two fruits & lettuce are offered daily Buns are Whole Grain. Milk is offered with every meal |