

Itasca ISD
JAN HS LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 8 POPCORN CHICKEN PB&J w/Cheesestick CHOC CHIP OATMEAL BA Fresh Broccoli FRESH CARROTS CAPRI SUN APPLES KETCHUP Chocolate Milk Strawberry Milk White Milk COUNTRY GRAVY ASSORTED DIPPING SAUC	Jan - 9 Bean & Cheese Chalupas COWBOY CAVATINI WHEAT BREAD SLICE LETTUCE & TOMATO CORN STRAWBERRY APPLESAU Chocolate Milk Strawberry Milk White Milk SALSA PACKET FRESH FRUIT Sherbet Cup Raspberry	Jan - 10 SPAGHETTI Burrito GARLIC TOAST TOSSED SALAD GREEN BEANS Pineapple Chocolate Milk Strawberry Milk White Milk FF RANCH DRESSING CHEESE SAUCE SALSA PACKET FRESH FRUIT BANANA MUFFIN	Jan - 11 CHICKEN STRIPS TACOS WHEAT ROLL SWEET POTATOES ROASTED Broccoli Fruit Cocktail KETCHUP COUNTRY GRAVY Chocolate Milk Strawberry Milk White Milk Jello HONEY ASSORTED DIPPING SAUC FRESH FRUIT SALSA PACKET	Jan - 12 PEPPERONI PIZZA CORN DOG RANCH STYLE BEANS Corn on the Cob Mandarin Oranges Chocolate Milk Strawberry Milk White Milk PARMESAN CHEESE FRESH FRUIT MUSTARD KETCHUP FUDGE BAR
Jan - 15	Jan - 16 NACHOS PULLED PORK w/BBQ BUN REFRIED BEANS GREEN BEANS Peaches Chocolate Milk Strawberry Milk White Milk FRESH FRUIT CHOC CHIP COOKIES SALSA PACKET	Jan - 17 Steak Fingers Chicken Rings MASH POTATOES CARROTS WHEAT BREAD SLICE TROPICAL FRUIT COUNTRY GRAVY Chocolate Milk Strawberry Milk White Milk FRESH FRUIT KETCHUP ASSORTED DIPPING SAUC GRAPE JELLY	Jan - 18 CHICKEN STRIP SAND BAJA FISH STICKS Rsted Parmesan Broccoli CORN Blushing Pears Chocolate Milk Strawberry Milk White Milk FRESH FRUIT KETCHUP Bbq Sauce	Jan - 19 ROUND PEP PIZZA Grilled Cheese TOSSED SALAD CALIF BLEND VEGGIES Pineapple Chocolate Milk Strawberry Milk White Milk FRESH FRUIT RANCH DRESSING PARMESAN CHEESE ICE CREAM SAND
Jan - 22 QUESADILLAS CHEESEBURGER BUN PINTO BEANS GREEN BEANS CAPRI SUN Chocolate Milk Strawberry Milk White Milk SALSA PACKET Blushing Pears CHEESE SAUCE	Jan - 23 Lasagna CHICKEN STRIPS Spinach Garlic Parmesan Squash Chi GARLIC TOAST Peaches Chocolate Milk Strawberry Milk White Milk FRESH FRUIT COUNTRY GRAVY ASSORTED DIPPING SAUC KETCHUP	Jan - 24 Chicken Salad Roll Ups Burrito COLE SLAW FRESH CARROTS WILD WATRMELON APPLS RANCH DRESSING Chocolate Milk Strawberry Milk White Milk FRESH FRUIT CHILI SALSA PACKET CHOCOLATE MUFFIN	Jan - 25 Pork Roast CHICKEN SAND BUN MASH POTATOES CORN Fruit Cocktail WHEAT ROLL Chocolate Milk Strawberry Milk White Milk FRESH FRUIT KETCHUP MUSTARD ASSORTED DIPPING SAUC	Jan - 26 PEPPERONI PIZZA FISH SAND CURLY FRIES FRESH MIX VEGGIES Pineapple Chocolate Milk Strawberry Milk White Milk PARMESAN CHEESE KETCHUP FRESH FRUIT

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 29 BBQ Chicken CORN DOG Scalloped Potatoes *** CARROTS FRESH FRUIT CAPRI SUN Chocolate Milk Strawberry Milk White Milk KETCHUP MUSTARD WHEAT BREAD SLICE	Jan - 30 TACOS Italian Ham Panini PINTO BEANS LETTUCE & TOMATO PICO DE GALLO Spanish Rice STRAWBERRY APPLESAU FRESH FRUIT Chocolate Milk Strawberry Milk White Milk SALSA PACKET CHEESE, CHEDDAR, SHR	Jan - 31 HAMBURGER BUN CHIC' PENNE TATER TOTS RANCH STYLE BEANS TROPICAL FRUIT Chocolate Milk Strawberry Milk White Milk KETCHUP MUSTARD Mayonaise FRESH FRUIT		

NON-DISCRIMINATION STATEMENT:
THIS INSTITUTION IS AN
EQUAL OPPURTUNITY EMPLOYER

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