



January

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... JANUARY 2 - 6	NO SCHOOL — CHRISTMAS VACATION		Lil Nacho Bites/Salsa Seasoned Corn/Baby Carrots Rice Pilaf Mixed Fruit Sugar Cookie	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Seasoned Green Beans Tomatoes/Cucumber Slices Crisp Apple Wedges 6-12 Macaroni Salad	Breaded Chicken Strips Whipped Potatoes Crunchy Baby Carrots Broccoli Florets Diced Peaches Fresh Bkd Cinn Breadstix
Week of... JANUARY 9 - 13	Mr. Ribb/ Bun Oven Bkd. Fries Fresh Tomato Slices Broccoli Florets Applesauce	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits	PK-5 Egg Cheese Omelet French Toast Stix/syrup 6-12 Brkfst Scramble (egg,ham,cheese) Hashbrown, Tomatoes Cinn Apples Cinn A Bun	BBQ Beef/ Bun Seasoned Corn Cherry Tomatoes Crisp Cucumber Slices Juicy Orange Wedges Rice Krispy Bar	PK-3 Big Daddy's Cheese Stix 4-12 Italian Dunkers Zesty Marinara Sauce Crunchy Baby Carrots Garden Salad/Cowboy Salsa Diced Peaches
Week of... JANUARY 16 - 20	NO SCHOOL		PK-3 Chicken Fries/4-12 Mand Orange Chicken Whipped Potatoes/Stirfry Veggies/Garden Blend Rice Pineapple Tidbits Cookie	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Peaches Chocolate Muffin	Chili Crispito Lettuce/Cheese Diced Tomato/Salsa Crunchy Baby Carrots Savory Black Beans Seasoned Rice Applesauce
Week of... JANUARY 23 - 27	Crispy Chicken Patty/Bun Seasoned Corn Fresh Tomato Slices Broccoli Florets/dip Diced Pears 9-12 Coleslaw	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	K-5 Mac & Cheese 6-12 Pasta Bar(meat,cheese alfredo sauce) Seasoned Green Beans, Carrots Brocc. Florets Crisp Apple Wedges Fresh Bkd. Dinner Roll	Breaded Pizza Burger Mozzarella Cheese Pizza Sauce Fresh Tomato/cucumber Slices Diced Peaches	PK-8 Tony's Pepperoni Pizza 9-12 Big Dad'sPepp pizza Seasoned Garbanzo Beans Capri Blend Veg/Pepper strips Strawberries/Bananas Pudding Cup
Week of... JANUARY 30 - 31	K-5 Hot Ham/Bun 6-12 Pretzel Bun Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Juicy Orange Wedges	Bacon Chicken Ranch Wrap 6-12 Flatbread Cheese/Lettuce SlicedTomatoes/Salsa Seasoned Corn Crisp Apple Wedges Chocolate Brownie			
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH

5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
Students must choose at least 3 of the 5 items offered,
*one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.