



# JANUARY | 2019

## Houston County Schools ~ Lunch Menu K-8

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| 31<br><b>NO SCHOOL</b>  | 1<br><b>NO SCHOOL</b><br>    | 2<br><b>NO SCHOOL</b><br>Staff Development Day   | 3<br>Baked Ham<br>Cheesy Potatoes<br>Green Beans<br>Biscuit<br>Fresh Apple  | 4<br>Chicken Tenders<br>Baked Potato<br>Broccoli w/ Cheese<br>Buttery Carrots<br>Sister Schubert Roll<br>Peaches   |
| 7<br>Buffalo Chicken Pizza<br>or Cheeseburger – Bun<br>French Fries<br>Lettuce/Tomato/Pickle<br>Corn<br>Diced Pineapples  | 8<br>Chili with Beans<br>Crackers<br>Grilled Hot Dog<br>Tater Tots<br>Pears                                   | 9<br>Salisbury Steak-Gravy<br>Mashed Potatoes<br>Green Peas<br>Buttery Carrots<br>Sister Shubert Roll<br>Fresh Orange  | 10<br>Spaghetti w/Meat Sauce<br>Fresh Garden Salad<br>Ranch or Italian Dressing<br>Green Beans<br>Garlic Cheese Toast<br>Banana | 11<br>Chicken Nuggets<br>Baked Potato<br>Broccoli w/Cheese<br>Carrot Sticks w/ Ranch Dip<br>Sister Shubert Roll<br>Berry Fruit Cup                       |
| 14<br>Pizza or<br>Chicken Breast Filet-Bun<br>Tater Tots<br>Fresh Salad<br>Ranch or Italian Dressing<br>Fresh Apple       | 15<br>BBQ Riblet<br>Mashed Potatoes<br>Turnip Greens<br>Buttery Carrots<br>Sister Shubert Roll<br>Diced Pears | 16<br>Chicken Taco<br>Tortilla Shell<br>Cheese Cup<br>Lettuce & Tomato Cup<br>Black Beans, Salsa<br>Applesauce         | 17<br>Chinese Chicken or<br>Popcorn Chicken<br>Florentine Blend<br>Breadstick<br>Mandarin Oranges                               | 18<br>Turkey Club w/ Cheese<br>Sub Bun<br>Baked Chips<br>Lettuce & Tomato<br>Veggie Cup w/ Ranch<br>Grapes   |
| 21<br><b>NO SCHOOL</b><br>Martin Luther King, Jr. Day   | 22<br>Breaded Chicken Leg<br>Mashed Potatoes<br>Gravy<br>Pinto Beans<br>Sister Shubert Roll<br>Fresh Orange   | 23<br>Barbecue<br>Bun<br>Baked Beans<br>Cole Slaw<br>Pepper Fries<br>Strawberries                                      | 24<br>Baked Ham<br>Cheesy Potatoes<br>Green Beans<br>Biscuit<br>Fresh Apple   | 25<br>Chicken Tenders<br>Baked Potato<br>Broccoli w/ Cheese<br>Buttery Carrots<br>Sister Schubert Roll<br>Peaches  |
| 28<br>Buffalo Chicken Pizza<br>or Cheeseburger – Bun<br>French Fries<br>Lettuce/Tomato/Pickle<br>Corn<br>Diced Pineapples | 29<br>Chili with Beans<br>Crackers<br>Grilled Hot Dog<br>Tater Tots<br>Pears                                  | 30<br>Salisbury Steak-Gravy<br>Mashed Potatoes<br>Green Peas<br>Buttery Carrots<br>Sister Shubert Roll<br>Fresh Orange | 31<br>Spaghetti w/Meat Sauce<br>Fresh Garden Salad<br>Ranch or Italian Dressing<br>Green Beans<br>Garlic Cheese Toast<br>Banana | 1<br><b>FEBRUARY 1st</b><br>Chicken Nuggets<br>Baked Potato<br>Broccoli w/Cheese<br>Carrot Sticks w/ Ranch Dip<br>Sister Shubert Roll<br>Berry Fruit Cup |

### News



#### Reminder:

Breakfast is FREE for all Houston County Students! Start your morning out right with a good, nutritious breakfast!

**All meals come with a choice between low-fat or non-fat unflavored milk or low-fat flavored milk**



Houston County Child Nutrition  
Eat Right – Future Bright