

January 2015

Wellington USD 353 Lunch Menu

% MS only

milk choice served daily

Fruit choice daily at HS

Chef Salad choice daily at MS & HS

HS only

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| USDA is an equal opportunity provider and employer | | | | |
| breakfast offered daily | | | | |
|  |  |  |  | |
| 5 Spaghetti w/Meat sauce Garden Spinach Salad Garlic Bread Stick Chilled Pears # peas | 6 Fajita Wrap Romaine & Tomato Spanish Rice Baby Carrots Peaches | 7 Pig in a Blanket Potato Wedges Broccoli w/Cheese Applesauce Jello | 8 Taco Salad Tortilla Chips/Salsa Refried Beans Cinnamon Puff Pineapple Chunks | 9 Chicken & Noodles Mashed Potatoes Green Beans Orange Wedges % # hot roll/jelly |
| 12 Hamburger/Bun Romaine & Tomato Oven Fries Mixed Fruit Chocolate Chip Cookie | 13 Chicken Nuggets Mashed Potatoes/Gravy Fresh Broccoli Peaches Hot Roll/Jelly | 14 Chili Corn Chips Celery & Cucumbers Cinnamon Roll Pears | 15 Macaroni & Cheese Meat Balls Seasoned Peas Baby Carrots Bread/Jelly Apple | 16 Baked Ham Potatoes/Brown Gravy Green Beans Angel Biscuit/Jelly Pineapple Chunks |
| 19 In-Service No School | 20 Ham & Cheese Sandwich Potatoe Wedges Fresh Broccoli Grape Bunches # chocolate chip cookie | 21 Pepperoni Pizza Tossed Salad w/Romaine Bread Stick Marinara Sauce Mixed Fruit | 22 Taco Burger/Bun Romaine & Tomato Refried Beans Mandarin Oranges # black bean/corn salsa # tortilla chips | 23 Chicken Pattie Mashed Potatoes/Gravy Green Beans Pineapple Chunks % # hot roll/jelly |
| 26 Taco Soup Tortilla Chips Fresh Broccoli Chilled Pears Snickerdoodle Cookie | 27 Crispito/red sauce Lettuce & Tomato Corn Chilled Peaches # cheesy bread stick | 28 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Banana % # hot roll/jelly | 29 Stromboli Garden Spinach Salad Baby Carrots Pineapple Chunks | 30 Sloppy Joe/Bun Wedge Potatoes Baked Beans Mixed Fruit # tortilla chips |