

Cresthaven Academy
Lunch

January 1 - January 29

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 HAPPY NEW YEAR
4	5	6	7	8
Spaghetti and Meatballs-6 oz. Green Beans-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.	BREAKFAST FOR LUNCH French Toast Sticks-3 Beef Sausage Links-3 oz. Fresh Baby Carrots w/ Dip-1 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	All Beef Hot Dog on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.	Chicken Fingers-3 Seasoned Diced Potatoes-3/4 c. Whole Grain Bread Cherry Craisins-1/2 c. Milk-8 oz.	Baked Ziti-5 oz. Romaine Salad w/ Dressing-1 1/2 c. Mandarin Orange Cup-1/2 c. Whole Grain Bread Milk-8 oz.
11	12	13	14	15
Grilled Chicken Parmigiana-3 oz. Diced Carrots-1 c. Whole Grain Bread Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	Swedish Turkey Meatballs with Gravy-3 oz. Seasoned Diced Potatoes-3/4 c. Rasp. Lemonade Craisins-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.	Grilled BBQ Chicken Bites-4 Green Beans-3/4 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	3x5 Pizza Slice-2 Slices Romaine Salad w/ Dressing-1 1/2 c. Applesauce Cup-1/2 c. Milk-8 oz.
18	19	20	21	22
Grilled Chicken Fillet on a Whole Wheat Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	Baked Cheese Manicotti with Meat Sauce-4 oz. Green Beans-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz.	Grilled Teriyaki Chicken Bites-4 Sliced Carrots-1 c. Fresh Banana-1 Whole Grain Bread Milk-8 oz.	Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Strawberry Craisins-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.	Macaroni and Beef-6 oz, Romaine Salad w/ Dressing-1 1/2 c. Whole Grain Bread Mandarin Orange Cup-1/2 c. Milk-8 oz.
25	26	27	28	29
All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1 c. Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a Whole Wheat Sub Roll-1 Broccoli and Cheese-3/4 c. Fresh Apple-1 Milk-8 oz.	Beef Taco's with Shredded Cheddar Cheese-2 Black Beans-3/4 c. 6" Flour Tortilla-2 Diced Pear Cup-1/2 c. Milk-8 oz.	All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.	Macaroni and Cheese-5 oz. Green Beans-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.