

# 2019 JANUARY LUNCH MENU ALLERGY & CARBS



		Jan. 2	Jan. 3	Jan. 4
		M-S-W	M-S-W	E-M-S-W
<b>E=Egg</b> <b>M=Milk</b> <b>S=Soy</b> <b>W=Wheat</b>	<b>Offer vs. Serve</b> <b>must take 1/2c</b> <b>Fruits or Veggies</b>	Tony's Cheese Pizza 1sl, 29g Corn 1/2c, 17g Peaches 1/2c, 11g	Popcorn Chicken 3oz, 16g Rice 1/2c, 40g Broccoli 1/2c, 5g Oranges 1/2c, 10.5g	Hamburger 2.4g 2g Bun 2oz, 26g Baked Beans 1/2c 20g Apples 1/2c, 10.1g Cookie 1ea, 19g
		Jan. 7	Jan. 8	Jan. 9
S-W	E-M-S-W	M-S-W	M-S-W	M-S-W
Meatballs 5ea, 5g Bun 2oz, 26g Baked Chips 20oz, 20g Baby Carrots 1/2c, 5g Peaches 1/2c, 11g	Bagel 2oz, 29g Egg Patty 1ea, 1g Sausage Patty 2ea, 0g Applesauce 1/2c, 15g Juice 1/2c, 13g	Cheese Bosco 2ea, 30g Marinara 1/4c, 14g Salad 1c, 3g Kidney Beans 1/2c, 20g Grapes 1/2c, 24g	Chicken Nuggets 5ea, 16g Sweet Potato Tots 1/2c, 19g Broccoli 1/2c, 5g Banana 1/2c, 29g	Beef Hot Dog 2oz, 2g Bun 2oz, 25g Cucumbers 1/2c, 0g Apples 1/2c, 10.1g Mini Rice Krispie 1ea, 9g
Jan. 14	Jan. 15	Jan. 16	Jan. 17	Jan. 18
M-S-W	M-S-W	M-S-W	M-S-W	E-M-S-W
Quesadilla 1ea, 37g Black Beans 1/2c, 22g Chips 1oz, 19g Salsa 1/4c, 2g Pears 1/2c, 14g	Potatoes 2/3c, 19g Cheese 1oz, 1g Diced Ham 2oz, 1g Broccoli 1/2c, 5g Craisins 1/4c, 28g	Galaxy Cheese Pizza 1ea, 20g Salad 1c, 3g Grapes 1/2c, 24g	Turkey & Gravy 4oz, 2g Mashed Potato 1/2c, 14g Corn 1/2c, 17g Applesauce 1/2c, 15g Dinner Roll 1ea, 13g	Corn Dog 1ea, 30g Carrot & Celery Sticks 1/2c, 9.3/3g Oranges 1/2c, 10.5g Strawberry Banana Jonny Pop 1ea, 11g
Jan. 21	Jan. 22	Jan. 23	Jan. 24	Jan. 25
M-S-W	M-S-W	M-S-W	M-S-W	M-S-W
Chili 1/2c, 15g Pasta 2oz, 41g Baby Carrots 1/2, 5g Mixed Fruit 1/2c, 14g Breadstick 1ea, 13g	Deli Meat 4sl, 0g Sub Roll 1.9oz, 26g Sun Chips 1oz, 18g Pickle Spear 1ea, 0g Fruit Snack 1oz, 21g	Big Daddy Cheese Pizza 1sl, 25g Broccoli 1/2c, 5g Cauliflower 1/2c, 5g Banana 1/2c, 29g	Chicken Tenders 3ea, 16g Salad 1c, 3g Apples 1/2c, 10.1g	Beef Taco 3oz, 4.8g Chips 1oz, 19g Salsa 1/4c, 2g Pineapple 1/2c, 17g Cinnamon Bites 1oz, 21g
Jan. 28	Jan. 29	Jan. 30	Jan. 31	
M-S-W	M-S-W	M-S-W	E-M-S-W	<b>Lunch Prices:</b>
Tomato Soup 1/2c, 16g Chicken Soup 1/2c, 7g Grilled Cheese 1ea, 31g Peaches 1/2c, 11g Goldfish Crackers 1oz, 14g	Mac & Cheese 6oz, 43g Green Beans 1/2c, 6g Pears 1/2c, 14g Pretzel 2.2g, 30g	Tony's Sausage Pizza 1sl, 26g Salad 1c, 3g Garbanzo Beans 1/2c, 20g Apples 1/2c, 10.1g	Chicken Patty 1ea, 16g Bun 2oz, 26g Pasta Salad 1/2c, 34g Broccoli 1/2c, 5g Mandarin Oranges 1/2c, 17g	<b>Students \$2.90</b> <b>Adults \$3.20</b> <b>Milk \$0.35</b>

Menu subject to change due to delivery problems

## Allergy/Carbs INFO for AUGS-Warrior Bistro (3rd Line)

<b>Yogurt Bag</b>	Yogurt Cup	1/2c, 16g	M
	String Cheese	1oz, 1g	M
	Sun Chips	1oz, 18g	W
<b>Deli Sandwich Baked Chips</b>	Deli Ham or Turkey	4sl, 1g	
	Bread	1oz, 26g per slice	W
	Baked Chips	1oz, 20g	W
<b>Sun Butter &amp; Jelly Sandwich Baked Chips</b>	Sunflower Seed Butter	2T, 7g	
	Grape Jelly	0.5oz, 9g	
	Bread	1oz, 26g per slice	W
	Baked Chips	1oz, 20g	W
<b>Garden Salad w/ Veggies Cheese</b>	Romaine Blend	1c, 3.3g	
	Cucumbers	1/4c, 0g	
	Tomato	1/4c, 0g	
	Cheese	1oz, 0g	M
	Dressing Packet	1.5oz	Ranch=4g Italian=4g
	Croutons	2T, 5g	W

## Allergy/Carbs INFO for Alternate Entrée: AES/OAK/WCP

<b>Monday</b>	Chicken Sticks	6 ea, 16g	M,S,W
<b>Tuesday</b>	Beef Hot Dog	2oz, 2g	
	Bun	1.9oz, 25g	W
<b>Wednesday</b>	Mini Pancakes	8ea, 39g	E,M,S,W
<b>Thursday</b>	Yogurt Cup	1/2c, 16g	M
	String Cheese	1oz, 1g	M
	Muffin	2oz, 28g	E,M,S,W
<b>Friday</b>	Stuffed Crust Cheese Pizza	4.5oz, 33g	M,S,W