

Monday, January 22

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Lasagna/Meat Sauce
Garlic Toast Wedge

Choose 1 from:

Assorted Fruit, Sorbet

Choose 1-2 from:

Steamed Broccoli, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack

Grab and Go Choices

Tuesday, January 23

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Tomato Soup, Goldfish
Crackers, Cheese Toast

Choose 1 from:

Assorted Fruit

Choose 1-2 from:

Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

Wednesday, January 24

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Breaded Chicken Sandwich

Choose 1 from:

Assorted Fruit, OJ

Choose 1-2 from:

Waffle Fries, Baked Beans,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

Thursday, January 25

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Meatball Sub
Cookie

Choose 1 from:

Assorted Fruit, Juice

Choose 1-2 from:

Sweet Potato Fries,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

Friday, January 26

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Schoolmade Sausage Pizza

Choose 1 from:

Assorted Fruit, Juice

Choose 1-2 from:

Green Beans, Assorted
Veggies

AfterSchool Snack

Grab and Go Choices

**MENUS FOR
JANUARY
2018
Johnson City**

This institution is an equal opportunity provider.
Menus are subject to change.

Monday, January 29

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Cheese Breadsticks w
Marinara Dipping Cup

Choose 1 from:

Assorted Fruit, Juice

Choose 1-2 from:

Green Beans, Assorted
Veggies, Leafy Green
Salad

AfterSchool Snack

Grab and Go Choices

Tuesday, January 30

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Go-gurt, Turkey Stick,
Cheese Stick

Choose 1 from:

Animal Crackers

Choose 1 from:

Apple Wedges, Juice

Choose 1-2 from:

Baby Carrots

AfterSchool Snack

Grab and Go Choices

Wednesday, January 31

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Baked Potato w Chili and
Cheese, Hot Pretzel

Choose 1 from:

Assorted Fruit, OJ

Choose 1-2 from:

Steamed Broccoli, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack

Grab and Go Choices

Thursday, February 1

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Turkey Pot Pie
Mini-Cupcake

Choose 1 from:

Assorted Fruit, Sorbet

Choose 1-2 from:

Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

Friday, February 2

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Super Bowl Lunch

Hot Dog on Bun,
trimmings, Popcorn

Choose 1 from:

Assorted Fruit, OJ

Choose 1-2 from:

Baked Beans, Slaw
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

1 New Year = 365 Opportunities

2018

Go for it.

Make My Tray Healthy!
All School Meal Customers Must Choose:
1 Juicy Fruit OR
1 Colorful Vegetable
& 2-4 Additional Different
Food Group Choices

Monday, February 5

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Pizza

Choose 1 from:

Assorted Fruit, OJ

Choose 1-2 from:

Steamed Broccoli, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack

Grab and Go Choices

Tuesday, February 6

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Chili Cheese Nachos

Choose 1 from:

Assorted Fruit, OJ

Choose 1-2 from:

Corn, Assorted Veggies,
Leafy Green Salad

AfterSchool Snack

Grab and Go Choices

Wednesday, February 7

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Chicken Tenders
WW Roll

Choose 1 from:

Fruit, Cooked Apples

Choose 1-2 from:

Mashed Potatoes,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

Thursday, February 8

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Bacon Cheeseburger
w trimmings

Choose 1 from:

Assorted Fruit, Juice

Choose 1-2 from:

Sweet Potato Fries,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack

Grab and Go Choices

Friday, February 9

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Corn Dog Nuggets

Choose 1 from:

Assorted Fruits, Juice

Choose 1-2 from:

Baked Beans, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack

Grab and Go Choices

FUN, FUN, FUN! (& FOOD)

Additional choices at Indian Trail and Liberty Bell :
A cold sandwich choice and "Munch-able" snack packs
along with:

Monday- Pizza OR Bacon Cheeseburger
Tuesday- Philly Beef/Cheese OR Brd Chicken Filet/Bun
Wednesday-Pizza OR Hot Dog on Bun
Thursday-Walking Taco OR Chicken Mini Slider/Lays
Friday- Pizza OR BBQ on Bun