

January 2019

BONIFAY K – 8

LUNCH



SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEED.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



Chicken Nuggets
Mash Potatoes
Steamed Broccoli

7

Chicken Sandwich
Fries
Lettuce/Tomato

14

NO SCHOOL

21

Stuff Crust Pizza
Side Salad
Broccoli

28

Tuesday

CHRISTMAS BREAK
NO SCHOOL

1

Hamburger
Fries
Lettuce/Tomato

8

Mrs. B's Pasta
Garlic Bread
Green Beans
Side Salad

15

Hamburger
Fries
Lettuce/Tomato

22

Sloppy Joe
Fries
Carrot Sticks

29

Wednesday

CHRISTMAS BREAK
NO SCHOOL

2

Taco Salad
Lettuce
Corn
Tortilla Chips

9

Quesadilla
Black Beans
Corn
Lettuce

16

Beef Nacho
Tortilla Chips
Lettuce
Corn
WGR Cookie

23

Burrito
Black Beans
Corn
Lettuce

30

Thursday

CHRISTMAS BREAK
NO SCHOOL

3

Chicken Alfredo
Garlic Bread
Toss Salad
Green Beans

10

Stuff Crust Pizza
Broccoli Bowl
Side Salad

17

Chicken Noodle
Steamed Peas
Steamed Carrots
WGR Roll

24

Salisbury Steak
Mash Potatoes
Green Beans
WGR Roll

31

Friday

CHRISTMAS BREAK
NO SCHOOL

4

Hot Dog
Baked Beans
Chips
Carrot Sticks

11

Cheesy Chicken
Tortilla Chips
Black Beans
Lettuce

18

Corn Dog
Mac & Cheese
Carrot Sticks
Baked Beans

25

