



Lunch		<i>January 2019</i>			North Powell	
Monday	Tuesday	Wednesday	Thursday	Friday		
7	8	9	10	11		
Fish Sticks 4 Southwest Vegetables Applesauce Milk	Cheese Pizza 1 Baked Beans Pineapple Milk	Lasagna Roll up 1 Broccoli Pears Milk	Cheese Burger 1 Carrot sticks Apples Milk	Turkey Gravy 3/8 cup Mashed Potato 1/4 cup Roll 1 Green Beans Mix Fruit Milk		
14	15	16	17	18		
Chicken Nuggets 5 Tater Tot Applesauce Milk	Turkey & Cheese Wrap 1 Baked Beans Peaches Milk	Fish Sticks 4 Carrot sticks Pineapple Milk	Teriyaki Chicken 1/2 cup Rice 1/2 cup Broccoli Kiwi Milk	Chicken Alfredo 3/4 cup Green Beans Mix Fruit Milk		
21	22	23	24	25		
	Cheese Burger 1 Baked Beans Pineapple Milk	Cheese Pizza 1 Carrot sticks Pears Milk	Mandarin Orange Chicken 2/3 cup Rice 1/2 cup Broccoli Honey Dew Milk	Chicken Burger 1 Green Beans Mix Fruit Milk		
28	29	30	31			
Chicken Strips 3 Potato Wedge Applesauce Milk	Fish Wedge 1 Baked Beans Peaches Milk	Grilled Cheese Sandwich 1 Broccoli Pineapple Milk	Turkey & Cheese Sandwich 1 Carrot sticks Oranges Milk			
						Milk is 1% white All bread items are Whole Grain or whole wheat. 1/2 cup fruit 1/4 cup vegetable
						Notice Menu Subject to Change without Notice
Additional Nutritional Information available at http://www.ddouglas.k12.or.us/departments/nutrition-services/						Notice
This institution is an equal opportunity provider.						Menu Subject to change without Notice