

# Elementary School Lunch

JACKSON R-2 SCHOOLS



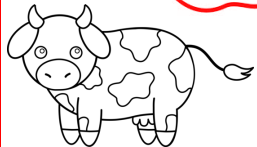
**Let Nutrition  
Fuel your  
Success!**

## January 2019

Food and Nutrition  
Services  
(573) 243-9597  
**Liz Aufdenberg**  
Food Service Director  
**Gloria Stoverink, RD, LD**  
Nutrition Coordinator

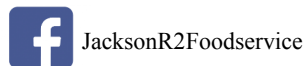
Cost: \$2.60 Full, \$.40 reduced,  
or Free (if qualify)

Offered Daily



Chocolate Milk (Skim)  
Strawberry Milk (Skim)  
1% White Milk  
Skim White

All tray must  
include 3 items  
and 1 **must be**  
Fruit/vegetable.



| Mon  | Tue  | Wed   | Thu   | Fri  |
|--|--|---|---|--|
| <p>★ Exercise 30 min/day <b>New Years Resolutions for 2019</b> Watch Less TV ★</p> <p>★ Make Your Bed Daily ★ Quit Soda ★ Read More Books ★ Meet New People ★ Volunteer</p> <p>★ Walk 1,000 More Steps/day ★ Learn To Cook</p> |  |   |   |  |
| 7 <b>Mozzarella Cheese Stick w/ Marinara</b><br>Chicken Patty Sandwich<br><i>Steamed Broccoli<br/>Sweet Potato Fries</i>   | 8 <b>Chicken Noodle Soup w/ Grilled Cheese</b><br>Corn Dog<br><i>California Vegetables<br/>Cinnamon Apples</i> | 9 <b>Spaghetti &amp; Meat Sauce w/ Texas Toast</b><br>BBQ Pork Sandwich<br><i>Sweet Green Peas</i>      | 10 <b>Chicken Nuggets</b><br>Chef Salad<br><i>Mac n' Cheese<br/>Baked Beans<br/>Biscuit</i>                     | 11 <b>Fish Sticks</b><br>Turkey & Cheese Panini<br><i>Sweet Corn<br/>Fudge Brownie</i> |
| 14 <b>French Toast Sausage Link</b><br>Hamburger<br><i>Potato Smiles<br/>Fruit &amp; Yogurt Parfait</i>  | 15 <b>Taco Salad</b><br>Bean & Cheese Burrito<br><i>Cheesy Refried Beans</i>                                   | 16 <b>Pepperoni Pasta w/ Breadstick</b><br>Hot Dog<br><i>Green Peas<br/>Monster Bar</i>                 | 17 <b>Western Steak</b><br>Chef Salad<br><i>Mashed Potatoes<br/>Hot Roll<br/>Seasoned Green Beans</i>           | 18 <b>Cheese Pizza</b><br>Hot Ham & Cheese<br><i>Orange Glazed Carrots</i>             |
| 21 <b>MARTIN LUTHER KING JR. DAY</b>   | 22 <b>Cheese Nachos</b><br>Chili w/ Grilled Cheese<br><i>Corn<br/>Chocolate Chip Cookie</i>                    | 23 <b>Beefy Mac n' Cheese</b><br>Chicken Nuggets<br><i>Caesar Salad</i>                                 | 24 <b>Roasted Chicken</b><br>Chef Salad<br><i>Seasoned Green Beans<br/>Scalloped Potatoes<br/>Hot Roll</i>      | 25 <b>Pepperoni Pizza</b><br>Sloppy Joe<br><i>French Fries<br/>Pudding</i>             |
| 28 <b>Croissant Breakfast Sandwich</b><br>Cheeseburger<br><i>Potato Smiles<br/>Rocky Road Fluff</i>  | 29 <b>Crispitos</b><br>Pig in a Blanket<br><i>Texas Caviar + Chips</i>   | 30 <b>Ravioli w/ Breadstick</b><br>BBQ Rib Sandwich<br><i>Steamed Broccoli<br/>Chocolate Chex Treat</i> | 31 <b>Chicken Pattie w/ Gravy</b><br>Chef Salad<br><i>Hot Roll<br/>Mashed Potatoes<br/>Seasoned Green Beans</i> | <p><b>Milk Mustache Dash</b></p> <p>SAVE THE DATE<br/>April 13, 2019</p>               |

This institution is an equal opportunity provider.

\* Indicates second entrée choice