

January 2018

Charlo School District 7J

LUNCH



School Information: 01/01/18 – Happy New Year! No School
01/12/18 – End Of Quarter
01/15/18 – PIR – No School – Martin Luther King Jr. Day



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

1

No School

Tuesday

2

Cream Chicken over Rice
Salad
Veggies
Fruit
Milk

Wednesday

3

Mac & Cheese
Salad
Veggies
Fruit
Milk

Thursday

4

Meatballs w/ Gravy over
Mashed Potatoes
Salad
Veggies
Fruit / Milk

Friday

5

Corn Dogs
Salad
Veggies
Fruit
Milk

Chicken Noodle Bake
Salad
Veggies
Fruit
Milk

8

Ham & Scalloped
Potatoes
Salad
Veggies
Fruit / Milk

9

Taco Soup
Salad
Veggies
Fruit
Milk

10

Pizza Bake
Salad
Veggies
Fruit
Milk

11

Country Chicken over
Biscuits
Salad
Veggies
Fruit / Milk

12

15

No School

Spaghetti
Salad
Veggies
Fruit
Milk

16

Chicken Fajitas
Salad
Veggies
Fruit
Milk

17

Burritos
Salad
Veggies
Fruit
Milk

18

Pulled Pork Sandwich
Salad
Veggies
Fruit
Milk

19

Sloppy Joes
Salad
Veggies
Fruit
Milk

22

Ham, Cheese, &
Hashbrown Casserole
Salad
Veggies
Fruit / Milk

23

Tater Tot Casserole
Salad
Veggies
Fruit
Milk

24

Grilled Chicken over
Rice
Salad
Veggie
Fruit / Milk

25

Burgers
Salad
Veggies
Fruit
Milk

26

Pork Stir Fry
Salad
Veggies
Fruit
Milk

29

Tortellini Bake
Salad
Veggies
Fruit
Milk

30

Chicken Strips
Salad
Veggies
Fruit
Milk

31

