

January 2020

Lisbon Grade School

LUNCH



Choice of Low Fat White Milk, Fat Free White Milk or Fat Free Chocolate Milk served daily.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday



Tuesday



Wednesday

Thursday

Friday

Mini Corn Dogs
Nacho Chips & Cheese
Green Beans
Fruit

6

Beef Chili
Cheese, Sour Cream
Corn
Fruit, Corn Bread Muffin

7

Chicken Tenders
Baked Beans
Fruit
Cookie

8

French Toast Sticks
Scrambled Eggs
Raw Carrots & Ranch
Fruit, Orange Juice

9

Sweet & Sour Chicken
Rice
Roasted Broccoli
Fruit, Fruit Snacks

10

Soft Shell Pork Taco
Sour Cream, Salsa
Carrots
Fruit, Granola Bar

13

Baked Spaghetti
Lettuce Salad & Dressing
Bread & Butter
Fruit

14

BBQ Beef on a Bun
Seasoned Fries
Fruit
Gogurt

15

Salisbury Steak
Mashed Potatoes & Gravy
Fruit
Rice Krispy Treat

16

Chicken Nuggets
Mac-n-Cheese
Peas
Fruit

17

No
School

20

Breaded Pork Chop
Mashed Potatoes & Gravy
Fruit
Jell-O Cup

21

Beef Tacos, Nacho Chips
Sour Cream, Cheese, Salsa
Corn, Fruit
Fruit Snacks

22

Hot Dog on a Bun
Seasoned Fries
Fruit
Gogurt

23

BBQ Pork on a Bun
Baked Beans
Fruit
Pudding Cup

24

Pretzel Bites & Cheese
Raw Veggies & Ranch
Fruit
Fruit Snacks

27

Cheese-filled
Breadsticks w/ Marinara
Roasted Broccoli
Fruit, Rice Krispy Treat

28

Chicken Patty on a Bun
Caesar Salad
Fruit
Cookie

29

Lasagna Roll-up
Marinara Sauce
Green Beans
Fruit, Corn Bread Muffin

30

Hot Turkey
Mashed Potatoes & Gravy
Bread & Butter
Fruit

31