

# January 2021

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White, Fat Free White, 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



Beef Chili  
Corn  
Fruit  
Rice Krispy Treat

4

### Tuesday

BBQ Pulled Pork  
Green Beans  
Fruit  
Granola Bar

5

### Wednesday



Corn Dog  
Carrots  
Fruit  
Cheese Stick

6

### Thursday

Beef Tacos w/  
Nacho Chips  
Corn, Fruit  
Fruit Snacks

7

### Friday

NO  
SCHOOL

1

Chicken Patty on a Bun  
Peas  
Fruit  
Pudding Cup

8

Breakfast Burrito  
(sausage, egg, cheese)  
Carrots & Ranch  
Fruit, Orange Juice

11

Hot Dog on a Bun  
Green Beans  
Fruit  
Rice Krispy Treat

12

Sub Sandwich  
(turkey, ham, cheese)  
Lettuce Salad w/ Dressing  
Fruit

13

Pretzels w/ Cheese Sauce  
Corn  
Fruit  
Pudding Cup

14

Biscuits & Gravy  
Tator Tots  
Fruit  
Orange Juice

15

NO  
SCHOOL

18

Chicken Nuggets  
Baked Beans  
Fruit  
Jell-O Cup

19

French Toast Sticks  
Tator Tots  
Fruit  
Orange Juice

20

Double Stuffed Pizza  
Lettuce Salad w/ Dressing  
Fruit  
Gogurt

21

Mini Corn Dogs  
Nacho Chips & Cheese  
Corn  
Fruit

22

Popcorn Chicken  
Caesar Salad  
Fruit  
Fruit Snacks

25

Soft Shell Pork Tacos  
Corn  
Fruit  
Rice Krispy Treat

26

Salisbury Steak  
Mashed Potatoes & Gravy  
Fruit  
Bread & Butter

27

Hamburger or  
Cheeseburger on a Bun  
Carrots  
Fruit, Jell-O Cup

28

Lasagna Roll-ups  
w/ Marinara Sauce  
Green Beans  
Fruit, Granola Bar

29