

# Coweta County School System

Middle Lunch

January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2	Jan - 3  HOLIDAY	Jan - 4  HOLIDAY	Jan - 5  Crispy Fish Sandwich Tartar Sauce French Fries Ketchup Cup or Beef Nachos w/cheese Taco Sauce Pack Sour Cream ind. pk. Tossed Salad Corn on the Cob Fruit Slushie Chilled Fruit Choice Milk	Jan - 6  Oven Roasted Chicken or Country Fried Steak Parker House Roll Mashed Potatoes California Blend Veggies Ketchup Cup Apple/Pineapple Crisp Chilled Fruit Choice Milk
Jan - 9  Shrimp Poppers Hushpuppies or Hot Dog French Fries Ketchup Cup Mustard pk. Cole Slaw Corn Niblets Pork and Beans Fresh Fruit Milk	Jan - 10  Spaghetti & Meat Sauce or Grilled Chicken Nuggets Garlic Cheese Biscuit Tossed Salad Green Beans Chilled Fruit Choice Milk	Jan - 11  Mini Burgers or Chef Salad w/crackers Potato Triangle Dill Pickle Spear Glazed Carrots Ketchup Cup Mustard pk. Chocolate Cake Chilled Fruit Choice Milk	Jan - 12  Wrap Chips or Chili Mac Roll w/margarine Mixed Vegetables Fresh Tossed Salad Salad Dressing-Variety Jello Chilled Fruit Choice Milk	Jan - 13  Sloppy Joe w/Bun or Deli Sub Sandwich Potato Smiles Ketchup Cup Mayonnaise packet Mustard pk. Baked Beans Carrot Sticks Fresh Fruit Milk

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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## Middle Lunch

January 2012

Dec 15, 2011

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 16  HOLIDAY	Jan - 17  Tomato Soup Crackers PBJ Uncrustable or Roast Beef Sandwich Bar B Q Sauce Ind. Mayonnaise packet Popeye Salad Salad Dressing-Variety Apple/Pineapple Crisp Fruit Juice Choice Milk	Jan - 18  Bar-be-que on Bun or Pizza Turkey Sandwich Mayonnaise packet Mustard pk. Jo Jo Fries Ketchup Cup Broccoli Salad Corn Niblets Jello Chilled Fruit Choice Milk	Jan - 19  Fish Sticks Tartar Sauce Ketchup Cup or Mac & Cheese with Ham Hushpuppies Tossed Salad Pork and Beans Chilled Fruit Choice Milk	Jan - 20  Meat Loaf Roll w/margarine Ketchup Cup or PBJ Uncrustable w/Yogurt Mashed Potatoes English Peas Juice Bar Chilled Fruit Choice Milk
Jan - 23  Honey BBQ Wings Roll w/margarine or Rib-B-Que Sandwich Carrot Strips w/ Dip Ketchup Cup Potato Rounds Pudding Pop Trail Mix, Fruit & Nut Chilled Fruit Choice Milk	Jan - 24  Italian Bake or Grilled Chicken Nuggets Garlic Cheese Biscuit Popeye Salad Salad Dressing-Variety Blackeyed Peas Ketchup Cup Bar B Q Sauce Ind. Honey Mustard Chilled Fruit Choice Milk	Jan - 25  "Breakfast for Lunch" Pancake Pup Syrup Egg Patty Grits or Cereal Cinnamon Rolls Chilled Fruit Choice Milk	Jan - 26  Chicken Fajitas Sour Cream ind. pk. or Hamburger Ketchup Cup Mustard pk. Mayonnaise packet Potato Rounds Baby Lima Beans Snack Cookies Chilled Fruit Choice Milk	Jan - 27  Pizza or Turkey Salad w/crackers Corn Niblets Popeye Salad Salad Dressing-Variety Sherbert Fruit Choice Milk
Jan - 30  Grilled Chicken Sandwich or Steak Sandwich French Fries Ketchup Cup Mayonnaise packet Green Beans & Diced Potatoes Fruit Slushie Chilled Fruit Choice Milk	Jan - 31  Hot Ham 'n Cheese Chips or Chili with Corn Chips Shredded cheddar cheese Tossed Salad Broccoli w/Cheese Sauce Blueberry Cobbler Chilled Fruit Choice Milk			

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of

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discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

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