





### VINELAND PUBLIC CHARTER SCHOOL LHS - Lunch 7<sup>th</sup>-10<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 1, 2018</b> HOLIDAY BREAK	<b>January 2, 2018</b> HOLIDAY BREAK	<b>January 3, 2018</b> *BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE ^ Potato Rounds Wango Mango Juice Applesauce Cup Diced Peaches Syrup Ketchup 1% White UHT Milk UHT- FAT FREE CHOC MILK (54/8OZ)	<b>January 4, 2018</b> *NATIONAL SPAGHETTI DAY* SPAGHETTI & MEATBALLS ^ Breadstick ^ Green Beans Pear Cup Blended Fruit Juice Milk Choice-1% Fat Free	<b>January 5, 2018</b> CHICKEN RANCH FLATBREAD ^ Garden Vegetables Diced Carrots Mixed Fruit Cup Orange Juice Milk Choice-1% Fat Free
<b>January 8, 2018</b> COUNTRY CHICKEN COMBO ^ Breadstick ^ SunSet Sip Juice Applesauce Cup Pineapple Cup Milk Choice-1% Fat Free	<b>January 9, 2018</b> HOT DOG WITH POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Diced Peaches Apple Juice Mustard Ketchup (2) Multi Grain Sun Chips ^ Milk Choice-1% Fat Free	<b>January 10, 2018</b> Chef's Choice Milk Choice-1% Fat Free	<b>January 11, 2018</b> Domino's Pizza Day Milk Choice-1% Fat Free 	<b>January 12, 2018</b> *BUILD A BETTER BURGER* RANCH TURKEY BURGER Hamburger Bun ^ Shredded Lettuce Pickle Chips Jalapenos Celery Sticks Light Ranch Dressing Light Mayonnaise Pear Cup Orange Juice Milk Choice-1% Fat Free
<b>January 15, 2018</b> MARTIN LUTHER KING JR.	<b>January 16, 2018</b> *SPICE IT UP!* BAKED CHICKEN NUGGETS ^ French Fries Green Beans Applesauce Cup Grape Juice Chipotle Ranch BBQ Sauce Ketchup Sriracha Ketchup Chocolate Chip Minis ^ Milk Choice-1% Fat Free	<b>January 17, 2018</b> CHEESEBURGER Hamburger Bun ^ Whole Kernel Corn Pickle Chips Mustard Ketchup Pineapple Cup Apple Juice Milk Choice-1% Fat Free	<b>January 18, 2018</b> Domino's Pizza Day Milk Choice-1% Fat Free 	<b>January 19, 2018</b> *NEW ITEM* CHEESY CHICKEN VEG BOOYAH (STEW) Baby Carrots Light Ranch Dressing Corn Muffin ^ Mixed Fruit Cup Orange Juice Milk Choice-1% Fat Free
<b>January 22, 2018</b> Chef's Choice Milk Choice-1% Fat Free	<b>January 23, 2018</b> *NATIONAL SOUTHERN FOOD DAY* CHICKEN DRUMSTICK W POTATO ROUNDS Corn Muffin ^ Maple Baked Beans Baby Carrots Light Ranch Dressing Diced Peaches Blended Fruit Juice BBQ Sauce Ketchup Milk Choice-1% Fat Free	<b>January 24, 2018</b> TACO MEAT Soft Tortilla ^ Garden Vegetables Whole Kernel Corn Diced Peaches Grape Juice Milk Choice-1% Fat Free	<b>January 25, 2018</b> *MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN ^ Romaine Salad Cucumber Coins Celery Sticks Light Ranch Dressing Blueberry Muffin ^ Fresh Fruit BBQ Sauce Milk Choice-1% Fat Free	<b>January 26, 2018</b> DELI SUB SANDWICH ^ Tropical Veggie Juice Baby Carrots Light Ranch Dressing Mixed Fruit Cup Orange Juice Light Mayonnaise Milk Choice-1% Fat Free
<b>January 29, 2018</b> CHICKEN NUGGETS W/POTATO ROUNDS Maple Baked Beans Applesauce Cup Orange Juice BBQ Sauce Ketchup Raspberry Cookies ^ Milk Choice-1% Fat Free	<b>January 30, 2018</b> TOASTY TUESDAY** TOASTED CHEESE SANDWICH ^ Tomato Soup^ Garden Vegetables Mixed Fruit Cup Blended Fruit Juice Milk Choice-1% Fat Free	<b>January 31, 2018</b> SALISBURY STEAK W/GRAVY AND MASHED POTATOES Diced Carrots Pear Cup Grape Juice Sliced Bread ^ Milk Choice-1% Fat Free	<b>February 1, 2018</b>	<b>February 2, 2018</b>

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Yum!

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