

# January 2019

## West Burlington Schools

### LUNCH



**School Information:** Did you know we now have a school food pantry for families of WB students. Contact a counselor for more info. "This institution is an equal opportunity provider"



**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



### Tuesday

NO SCHOOL

### Wednesday

### Thursday

### Friday

1 Tenderloin sandwich  
California mix veg.  
Applesauce  
Milk

2 Chicken fajita  
Black beans  
Peaches  
Milk

3 Turkey & cheese sandwich  
Baby carrots/ranch  
Mixed fruit  
Milk

4 Garlic french bread  
Green beans  
Applesauce  
Milk

1 Chicken taco  
Broccoli  
Strawberry cup  
Milk

NO SCHOOL

2 Hot ham & cheese sandwich  
Sliced carrots  
Mixed fruit  
Milk

3 Chicken tenders  
Bread sticks-HS  
Tater rounds  
Apple slices  
Milk

4 Crispito /salsa  
Refried beans or green beans  
Peaches  
Milk

1 Pizza  
Steamed corn  
Pears  
Milk

2 Turkey & gravy  
Mashed potatoes  
Cheese breadstick  
Pineapple  
Milk

3 Chicken nuggets  
Bread sticks-HS  
Sliced carrots  
Mandarin oranges  
Milk

4 Spaghetti  
Garlic bread  
Peas  
Peaches Milk

1 Grilled chicken sandwich  
Cheesy broccoli  
Applesauce  
Milk

2 Chicken fajita  
Black beans  
Applesauce  
Milk

3 Crisipto  
Refried beans  
Mixed fruit  
Milk

4 Chicken patty  
Broccoli w/cheese  
Peaches  
Milk

1 Cheeseburger  
Sweet potato fries  
Applesauce  
Milk

2 Turkey & cheese sandwich  
Steamed corn  
Mandarin oranges  
Milk

**FEBRUARY 1**  
3 Garlic french bread  
Green beans  
Pineapple Milk

