




JANUARY

ADSS NUTRITION PROGRAM




WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>Menu 2</u> 2 Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p><u>Menu 3</u> 3 Three Bean Beef Chili Parslied Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	<p><u>Menu 4</u> 4 Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk</p>
<p><u>Menu 5</u> 7 Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Milk</p>	<p><u>Menu 6</u> 8 Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce/ Sour Cream White Cake 1% Milk</p>	<p><u>Menu 7</u> 9 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk</p>	<p><u>Menu 8</u> 10 Teriyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p><u>Menu 9</u> 11 Grape Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/ Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk / Chocolate Milk</p>
<p><u>Menu 10</u> 14 Meatloaf/Onion Gravy Mashed Sweet Potatoes Italian Flat Beans Applesauce Whole Grain Bread Margarine Sugar Cookie 1% Milk</p>	<p><u>Menu 11</u> 15 Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p><u>Menu 12</u> 16 Sliced Baked Ham/Gravy Collard Greens Succotash Mixed Fruit Cornbread Margarine Banana Mini Moon Pie 1% Milk/Buttermilk</p>	<p><u>Menu 13</u> 17 Meatballs (5) Spaghetti Noodles/Tomato Sauce Carrots Mixed Green Salad/Italian Dressing Whole Grain Dinner Roll Margarine Chocolate Cake 1% Milk</p>	<p><u>Menu 14</u> 18 Orange Pineapple Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>
<p>21 <i>Holiday</i></p>	<p><u>Menu 16</u> 22 Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk</p>	<p><u>Menu 17</u> 23 Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk</p>	<p><u>Menu 18</u> 24 Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p><u>Menu 19</u> 25 Blended Juice Beef Rotini Pasta Casserole Turnip Greens Mixed Vegetables Cornbread Margarine Applesauce 1% Milk/Buttermilk</p>
<p><u>Menu 20</u> 28 Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p><u>Menu 1</u> 29 Orange Juice Lemon Pepper Chicken Thigh Parslied Potatoes Rutabagas Whole Grain Bread Margarine Chocolate Cake 1% Milk</p>	<p><u>Menu 2</u> 30 Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p><u>Menu 3</u> 31 Three Bean Beef Chili Parslied Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	

FEBRUARY

ADSS NUTRITION PROGRAM



WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><u>Menu 4</u> 1</p> <p>Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk</p>
<p><u>Menu 5</u> 4</p> <p>Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Low Fat Milk</p>	<p><u>Menu 6</u> 5</p> <p>Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce/ Sour Cream White Cake 1% Milk</p>	<p><u>Menu 7</u> 6</p> <p>Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk</p>	<p><u>Menu 8</u> 7</p> <p>Teriyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p><u>Menu 9</u> 8</p> <p>Grape Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/ Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk / Chocolate Milk</p>
<p><u>Menu 10</u> 11</p> <p>Meatloaf/Onion Gravy Mashed Sweet Potatoes Italian Flat Beans Applesauce Whole Grain Bread Margarine Sugar Cookie 1% Milk</p>	<p><u>Menu 11</u> 12</p> <p>Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk</p>	<p><u>Menu 12</u> 13</p> <p>Sliced Baked Ham/Gravy Collard Greens Succotash Mixed Fruit Cornbread Margarine Banana Mini Moon Pie 1% Milk/Buttermilk</p>	<p><u>Menu 13</u> 14</p> <p>Meatballs (5) Spaghetti Noodles/Tomato Sauce Carrots Mixed Green Salad/Italian Dressing Whole Grain Dinner Roll Margarine Chocolate Cake 1% Milk</p>	<p><u>Menu 14</u> 15</p> <p>Orange Pineapple Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk</p>
<p>18</p> <p><i>Holiday</i></p>	<p><u>Menu 16</u> 19</p> <p>Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk</p>	<p><u>Menu 17</u> 20</p> <p>Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk</p>	<p><u>Menu 18</u> 21</p> <p>Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk</p>	<p><u>Menu 19</u> 22</p> <p>Blended Juice Beef Rotini Pasta Casserole Turnip Greens Mixed Vegetables Cornbread Margarine Applesauce 1% Milk/Buttermilk</p>
<p><u>Menu 20</u> 25</p> <p>Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk</p>	<p><u>Menu 1</u> 26</p> <p>Orange Juice Lemon Pepper Chicken Thigh Parslied Potatoes Rutabagas Whole Grain Bread Margarine Chocolate Cake 1% Milk</p>	<p><u>Menu 2</u> 27</p> <p>Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk</p>	<p><u>Menu 3</u> 28</p> <p>Three Bean Beef Chili Parslied Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk</p>	

MARCH

ADSS NUTRITION PROGRAM

WINTER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Menu 4 1 Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk
Menu 5 4 Grape Juice Creamed Chicken Casserole Corn California Vegetable Blend Italian Bread Margarine Butterscotch Pudding 1% Milk	Menu 6 5 Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Cheesy Pinto Beans Mandarin Oranges Corn Tortilla Chips Mild Taco Sauce/ Sour Cream White Cake 1% Milk	Menu 7 6 Blended Juice Macaroni and Cheese Black Eyed Peas Mixed Greens Cornbread Margarine Nutty Buddy 1% Milk/Buttermilk	Menu 8 7 Teriyaki Meatballs (5) Brown Rice Gingered Green Peas Pineapple Tidbits Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk	Menu 9 8 Grape Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/ Mustard Fresh Diced Onions Hot Apple Cobbler 1% Milk / Chocolate Milk
Menu 10 11 Meatloaf/Onion Gravy Mashed Sweet Potatoes Italian Flat Beans Applesauce Whole Grain Bread Margarine Sugar Cookie 1% Milk	Menu 11 12 Orange Juice Chopped BBQ Chicken/Bun Broccoli and Cheese Scalloped Potatoes Vanilla Pudding 1% Milk/Chocolate Milk	Menu 12 13 Sliced Baked Ham/Gravy Collard Greens Succotash Mixed Fruit Cornbread Margarine Banana Mini Moon Pie 1% Milk/Buttermilk	Menu 13 14 Meatballs (5) Spaghetti Noodles/Tomato Sauce Carrots Mixed Green Salad/Italian Dressing Whole Grain Dinner Roll Margarine Chocolate Cake 1% Milk	Menu 14 15 Orange Pineapple Juice Chicken Drums/Ranch Gravy (2) Yellow Rice/Tomato & Pepper Three Bean Medley Whole Grain Bread Margarine Chocolate Pudding 1% Milk
Menu 15 18 Grape Juice Salisbury Steak/Brown Gravy Rosemary Potatoes Green Beans Whole Grain Bread Margarine Chocolate Chip Cookie 1% Milk	Menu 16 19 Orange Juice Sausage Breakfast Casserole Cheese Grits Hot Cinnamon Apples Biscuit Margarine Jelly Animal Crackers 1% Milk	Menu 17 20 Chicken Thigh/Mushroom Gravy Macaroni and Cheese Cabbage Whole Grain Bread Pears Margarine Fudge Round 1% Milk / Chocolate Milk	Menu 18 21 Sausage and Bean Casserole Brown Rice Green Peas Peaches Whole Grain Bread Margarine Yellow Cake 1% Milk	Menu 19 22 Blended Juice Beef Rotini Pasta Casserole Turnip Greens Mixed Vegetables Cornbread Margarine Applesauce 1% Milk/Buttermilk
Menu 20 25 Chicken Florentine Mashed Potatoes Italian Flat Beans Mandarin Oranges Whole Grain Bread Margarine Chocolate Mini Moon Pie 1% Milk	Menu 1 26 Orange Juice Baked Lemon Pepper Chicken Thigh Parslied Potatoes Rutabagas Whole Grain Bread Margarine Chocolate Cake 1% Milk	Menu 2 27 Flame Broiled Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/ Mustard/Mayonnaise Hot Peach Cobbler 1% Milk/Chocolate Milk	Menu 3 28 Three Bean Beef Chili Parslied Rice Carrots Fresh Fruit Wheat Crackers Margarine Vanilla Mini Moon Pie 1% Milk	Menu 4 29 Roast Pork/Apple Brown Gravy Cheesy Mashed Potatoes Stewed Tomatoes Applesauce Cornbread Margarine Oatmeal Crème Pie 1% Milk/Buttermilk