

# JANUARY

## CCSD Middle School Dish Up Lunch



Lunch Cost

\$3.25

Hungry? Apply for meal benefits today, by going to [MySchoolApps.com](http://MySchoolApps.com)



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@CCSFoodService



You may pay for meals online at no extra cost, by visiting [www.MySchoolBucks.com](http://www.MySchoolBucks.com). Menu Subject to Change.

V = Meatless Option



Our milk varieties include 1% low fat & fat-free choices.



Nutritious seasonal fresh & cupped fruit served daily.



We offer a variety of vitamin and mineral rich vegetables.



We use heart healthy whole grain breads and rice.



\*All Menus are subject to change.\*



MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
<p><b>2018 HAPPY NEW YEAR</b></p> <p>1</p> <p>Chicken Tenders (3 piece) or Bean &amp; Cheese Burrito V</p> <p>Potato Wedges ½ cup Fiesta Beans ½ cup Raisels Milk</p>	<p>2</p> <p>Cheeseburger w/bun or Grilled Cheese Sandwich V</p> <p>Baby Carrots w/Ranch 100% Fruit Juice Elf Graham Crackers Milk</p>	<p>3</p> <p>Hot Ham &amp; Cheese Sandwich w/bun or Bean &amp; Cheese Burrito V</p> <p>Peas &amp; Carrots ¾ cup Pineapple Milk</p>	<p>4</p> <p>Cheese Pizza V or Grilled Cheese Sandwich V</p> <p>Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk</p>	<p>5</p> <p>Chicken Parm Sandwich w/bun or Bean &amp; Cheese Burrito V</p> <p>Celery w/Ranch Fresh Clementine Milk</p>
<p><b>MLK Day</b></p> <p>15</p> <p>No School</p>	<p>16</p> <p>Breaded Chicken Drumsticks (2 each) &amp; Dinner Roll or Grilled Cheese Sandwich V</p> <p>Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup 100% Fruit Juice Milk</p>	<p>17</p> <p>BBQ Pulled Pork Sandwich w/bun or Bean &amp; Cheese Burrito V</p> <p>Baby Carrots w/Ranch Pineapple Cup Goldfish Crackers Milk</p>	<p>18</p> <p>Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V</p> <p>Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk</p>	<p>19</p> <p>Hamburger w/bun or Bean &amp; Cheese Burrito V</p> <p>Green Beans ¾ cup Apple Slices Milk</p>
<p>21</p> <p>Double Dog or Bean &amp; Cheese Burrito V</p> <p>Tater Tots ¾ cup Pears Chocolate Chip Cookie Milk</p>	<p>23</p> <p>Cheeseburger Sliders or Grilled Cheese Sandwich V</p> <p>Campfire Baked Beans ½ cup Peas &amp; Carrots ½ cup 100% Fruit Juice Milk</p>	<p>24</p> <p>Crispy Chicken Filet Sandwich w/bun or Bean &amp; Cheese Burrito V</p> <p>Baby Carrots w/Ranch Peaches Milk</p>	<p>25</p> <p>Cheese Pizza V or Grilled Cheese Sandwich V</p> <p>Green Salad w/Ranch 100% Fruit Juice Tortilla Chips Milk</p>	<p>26</p> <p>Chicken Nuggets or Bean &amp; Cheese Burrito V</p> <p>Celery w/Ranch Apple Slices Goldfish Crackers Milk</p>
<p>29</p> <p>Hamburger w/bun or Bean &amp; Cheese Burrito V</p> <p>Potato Wedges ½ cup Carrot Coins ½ cup Pineapple Cup Milk</p>	<p>30</p> <p>Chicken Gordita or Grilled Cheese Sandwich V</p> <p>Fiesta Beans ¾ cup 100% Fruit Juice Tortilla Chips Milk</p>	<p>31</p> <p>Mesquite Chicken Drumsticks (2 each) &amp; Dinner Roll or Bean &amp; Cheese Burrito V</p> <p>Green Beans ½ cup Creamy Mashed Potatoes ½ cup Craisins Celebration Cookie Milk</p>	<p>1</p> <p>Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V</p> <p>Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk</p>	<p>2</p> <p>Teriyaki Chicken Sliders or Bean &amp; Cheese Burrito V</p> <p>Peas &amp; Carrots ¾ cup Apple Slices Milk</p>

\*This institution is an equal opportunity provider. / Esta institución es un proveedor que ofrece igualdad de oportunidades.\*