

# Geneva County Child Nutrition

## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1	Jan - 2	Jan - 3	Jan - 4	Jan - 5 Crispito with cheese Romaine Salad Green Beans Corn on Cob Sister Schubert Wh/ Rol Peaches Oranges, Fresh Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk Salsa Sour Cream, Ind.
Jan - 8 Beef Nuggets Romaine Salad Mashed Potatoes Blackeye Peas Cornbread Peach Cup Applesauce Cups Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 9 Quesadilla, Chicken WG Romaine Salad Refried Beans Corn WK Chip, Nacho Cheese Strawberry Cup Bananas Sour Cream, Ind. Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 10 Corndog Romaine Salad Peas, Green, FZN Potato Wedges Grapes, Fresh Fruity Applesauce Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 11 Chicken Noodle Soup Peanut Butter & Jelly Broccoli Romaine Salad Mixed Vegetables Fruit Cocktail Apples, Fresh Crackers Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 12 Hot Pocket Romaine Salad Tator Tots Green Beans, FRZ Carrots, Steamed Oranges, Fresh Cinnamon Spicy Pears Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk
Jan - 15 HOLIDAY	Jan - 16 Chick Fil-A Sandwich Romaine Salad Green Beans, FRZ Sweet Potato Fries Bananas Mustard, PC Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 17 Sub Sandwich Apple Chicken Salad Crackers Romaine Salad Blackeye Peas Carrots, Steamed Chips, Doritos COOL RANCH Pear, Halves Apples, Fresh Mustard, PC Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 18 Catfish Strips BBQ Sandwich / ww Romaine Salad Baked Beans Cheese Grits Hushpuppies Toast, Whole Wheat Fruity Applesauce Oranges, Fresh Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 19 Pizza, Cheese Pepperoni Pizza Romaine Salad Peas Apples, Fresh Fruit Cocktail Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla 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.

# Geneva County Child Nutrition

## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 22  Hot Wings CHICKEN NUGGETS Romaine Salad Blackeye Peas Sweet Potato Fries Sister Schubert Wh/ Rol Apples, Fresh Peaches, Diced Mustard, PC Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 23  Crispito with cheese Romaine Salad Corn on Cob Sister Schubert Wh/ Rol Oranges, Fresh Pears, Sliced canned Salsa Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 24  Spaghetti w/ whole Wheat Romaine Salad Italian Vegetables Broccoli Florets, FRZ Breadsticks, Whole Wheat Mandarin Oranges Bananas Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk Marinara Sauce	Jan - 25  Chicken, Bites whole muscle Romaine Salad Butterbeans Fries, French 3/8" crkl cut Sister Schubert Wh/ Rol Fruit Cocktail Strawberries, Fresh Mustard, PC Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 26  Pizza, Cheese Pepperoni Pizza Romaine Salad Corn WK Apples, Fresh Peaches, Halves Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk
Jan - 29  Hamburger Cheeseburger/ ww Romaine Salad Sweet Potato Fries Baked Beans Oranges, Fresh Fruity Applesauce Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 30  Pizza, Cheese Pepperoni Pizza Romaine Salad Corn WK Apples, Fresh Peaches Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk	Jan - 31  Hot Dog Hot Dog Chili Romaine Salad Tator Tots Banana Pudding Oranges, Fresh Mustard, PC Fat Free Chocolate Milk Fat Free Strawberry Milk 1% Milk Skim Milk Fat Free Vanilla Milk		

A variety of milk is offered daily.  
Menus are subject to change.

"The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer."

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

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