



# January

# 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7</b> <b>Fuel Promotion</b> 1) Waffles w/ Sausage** 2) Cheeseburger 3) Sun Butter & Jelly (V) 4) Egg Chef Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Tater Tots, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch	<b>8</b> <b>Fuel Promotion</b> 1) Sloppy Joe Melt 2) Breaded Chicken Sandwich 3) Sun Butter & Jelly (V) 4) Bagel, CC & Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Seasoned Baby Peas, Fresh Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups	<b>9</b> <b>Fuel Promotion</b> 1) Meatball Sub on a Bun 2) Popcorn Chicken w/B 3) Sun Butter & Jelly (V) 4) Romaine/Cheese Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Steamed Spinach, Fresh Red Pepper Strips, Fresh Green Apple, Diced	<b>10</b> <b>Fuel Promotion</b> 1) General Tso's & Veg w/ Rice 2) Chicken Nuggets w/B 3) Sun Butter & Jelly (V) 4) Muffin, Yogurt & Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Steamed Carrots, Fresh Cauliflower, Fresh Banana, 100% Apple Juice	<b>11</b> <b>Fuel Promotion</b> 1) Bacon* Cheeseburger on a Bun 2) Broccoli Vegetarian Flatbread (V) 3) Sun Butter & Jelly (V) 4) Turkey & Cheese Sandwich 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Veg. Baked Beans, Side Salad, Variety Fresh Fruit, Pineapple Cup
<b>14</b> <b>Fuel Promotion</b> 1) Salisbury Steak & Gravy w/B 2) Breaded Chicken Sandwich 3) Sun Butter & Jelly (V) 4) Cheesy Wrap (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch	<b>15</b> <b>Fuel Promotion</b> 1) Macaroni & Cheese (V) 2) Hot Dog*** on a Bun 3) Sun Butter & Jelly (V) 4) Popcorn Chicken Salad w/B 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Veg. Baked Beans, Fresh Broccoli, Fresh Orange Wedges, Applesauce	<b>16</b> <b>Fuel Promotion</b> 1) Chicken Tenders w/B 2) BBQ Rib* on a Bun 3) Sun Butter & Jelly (V) 4) Egg Chef Salad w/B (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Apricot Halves	<b>17</b> <b>Fuel Promotion</b> 1) Chicken Nachos w/Tortilla Chips 2) Chicken Nuggets w/B 3) Sun Butter & Jelly (V) 4) Fruit, Yogurt & Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Green Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice	<b>18</b> <b>Fuel Promotion</b> 1) Fish & Cheese Melt 2) Spicy Breaded Chicken Sandwich 3) Sun Butter & Jelly (V) 4) Ham** Chef Salad w/2B 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Steamed Broccoli, Side Salad, Variety Fresh Fruit, 100% Grape Juice
<b>21</b> <b>NO School</b> <b>MLK Day</b>	<b>22</b> 1) Chili w/Crackers 2) Breaded Chicken Sandwich 3) Sun Butter & Jelly (V) 4) Egg, Cheese & Goldfish (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups	<b>23</b> 1) Cheese Quesadilla (V) 2) Hot Dog*** on a Bun 3) Sun Butter & Jelly (V) 4) Ham** Chef Salad w/2B 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears	<b>24</b> 1) Beef Soft Tacos 2) Chicken Nuggets w/B 3) Sun Butter & Jelly (V) 4) Pretzel, Yogurt and Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Refried Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice	<b>25</b> 1) Popcorn Chicken w/B 2) Ham**, Onion & Cheese Flatbread 3) Sun Butter & Jelly (V) 4) Ham** & Cheese Sandwich 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Steamed Spinach, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup
<b>28</b> 1) Pizza Sticks w/ Marinara (V) 2) Cheeseburger 3) Sun Butter & Jelly (V) 4) Cheesy Wrap (V) 5) Cheese Pizza (V) 6) Pepperoni** Pizza  <b>Fruits &amp; Vegetables</b> Green Beans, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch	<b>29</b> 1) Chicken Mashed Potato Bowl 2) Hot Dog*** on a Bun 3) Sun Butter & Jelly (V) 4) Bagel, CC & Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Steamed Carrots, Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups	<b>30</b> 1) Hot Ham** & Cheese on Bun 2) Spicy Breaded Chicken Sandwich 3) Sun Butter & Jelly (V) 4) Romaine/Cheese Salad w/B (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Seasoned Baby Peas, Fresh Broccoli, Fresh Green Apple, Diced Peaches	<b>31</b> 1) Tater Tot Chicken Nachos w/ Scps 2) Chicken Nuggets w/B 3) Sun Butter & Jelly (V) 4) Muffin, Yogurt & Cheese Plate (V) 5) Cheese Pizza (V) 6) Sausage* Pizza  <b>Fruits &amp; Vegetables</b> Veg. Baked Beans, Fresh Cucumber Slices, Fresh Banana, 100% Apple Juice	
<p>For additional Nutritional Education Materials, please visit <a href="http://www.usd116.org">www.usd116.org</a>, click on 'Food Menus' under the Quick Links on the right side of the homepage. Here you will find the new Nutritional Education Section! If you have any questions, please call Aramark at 217-384-3694!</p>				

## Special News...

### Offered Daily at Lunch

Fresh Fruit & 100% Juice  
 FF Chocolate Milk & 1% White Milk

### Notes

\*= Pork Product  
 \*\*= Chicken Product  
 \*\*\*=Turkey Product  
 B=Bread Slice  
 2B=Bread Slices  
 V= Vegetarian

### FUEL PROMOTION

Kickin Fries & Disc Fries

Harvest of the Month:  
 November 14<sup>th</sup> Fresh Pear

Menus are subject to change without notice.