

Calhoun County Schools Lunch Menu January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
		Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. David Burns	1 NO SCHOOL	2 NO SCHOOL
5 NO SCHOOL	6 *Cheeseburger on a Bun Or BBQ Riblet on a Roll *Baked Potato Tots *Peaches	7 Shrimp Poppers Or Corndog Baked Potato Wedges Green Beans	8 Chicken Noodle Soup with Grilled Cheese Or Ham Sandwich Carrots Mixed Fruit	9 *Pepperoni Pizza Or Chicken Ranchero Wrap *Corn *Fresh Apple
12 *Breaded Chicken Nuggets Or Turkey Sandwich *Mac & Cheese *Green Beans *Banana	13 <u>Casa Amigos!</u> *Beef & Turkey Taco Or Chicken Burrito *Mexican Corn *Mixed Fruit	14 Hot Dog Or Philly Steak Sub Potato Wedges Green Beans	15 Baked Chicken Or Cubed Pork Mashed Potatoes w/ Gravy Carrots Whole Wheat Roll	16 *Sausage Pizza or Hot Ham & Cheese Sandwich *Tossed Salad w/ Dressing *Fresh Apple
19 Martin Luther King Holiday	20 *Beefaroni w/ Fresh *Baked Whole Wheat Roll Or Ham & Turkey Sub *Seasoned Green Beans *Chilled Peaches	21 *Hamburger on a Bun Or Pepperoni Wrap *Tossed Salad w/ Dressing *Fresh Apple	22 Beef & Turkey Chili w/ Cornbread Or Meatball Sub Green Beans Mixed Fruit	23 *Cheese Pizza or Bologna & Cheese Sandwich *Carrot Sticks w/ Ranch Dressing *Diced Pears
26 *Beef & Cheese Nachos Or Chicken Salad on a Bun *Lettuce & Tomato *Corn *Mixed Fruit	27 Hot Dog Or Turkey Club Sandwich Mac & Cheese Carrots Peaches	28 Chicken & Rice Or Ham & Cheese Sub Collard Greens Pears	29 *Spaghetti & Meatballs Or Buffalo Chicken Wrap *Green Beans *Mixed Fruit	30 *Pepperoni Pizza or Hot Ham & Cheese Sandwich *Corn *Fresh Apple

Choice of Lowfat White, Chocolate or Strawberry Milk Offered Daily
Lunch Prices: Paid \$1.75 (Pre-K – 5th) and \$2.00 (6th – 12th) Reduced \$.40 (note: K-2 will receive the first entrée listed)



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.



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