



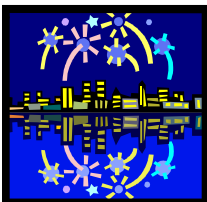
**Regional School District 13**  
**2012 January**  
**Brewster, Korn, Lyman & Memorial Schools**



Meals are \$2.75  
 All meals include choice of hot or cold vegetable, fresh fruit or fruit cup, bread and a choice of milk. (whole, skim, 1% and low fat Chocolate milk.)



	Monday	Tuesday	Wednesday	Thursday	Friday
1st choice 2nd choice Vegetables Fruit Bread	2 <b>NO SCHOOL</b>	3 Honey Baked Chicken Macaroni-n-Cheese Baked Potato, Green Beans Chilled peaches cup	4 <b>LUNCH BUNCH</b> 	5 Cheese Quesadilla Chicken Rancho wrap Garden salad Fresh fruit & roll	6 Cheese pizza Tuna Sub Garden salad Fresh Fruit
1st choice 2nd choice Vegetables Fruit Bread	9 Chicken Patty Sandwich Steak-n-Cheese Sub French Fries, Veggie sticks Choice of fresh fruit	10 <u>Sliders &amp; Soup</u> Choice: Tuna, Turkey, Ham French Fries, Veggie sticks Baked Cinnamon Apples	11 Pancakes-n-Sausage Egg-n-Cheese Bagel Hash brown, Orange Wedges	12 Taco Grande Chicken Nuggets & tots Black Bean Salad Pineapple cup	13 Cheese pizza Fish Sandwich Garden salad Fresh Fruit
1st choice 2nd choice Vegetables Fruit Bread	16 <b>MARTIN LUTHER KING JR. DAY</b> 	17 Rotini & Meatballs Chicken Parmesan Green Beans, Garlic Stick Applesauce	18 <b>LUNCH BUNCH</b> 	19 Fish Sticks . Popcorn Chicken Potato Wedges Garden salad Fresh fruit & roll	20 Cheese pizza Tuna Sub Vegetable Soup Fresh Fruit
1st choice 2nd choice Vegetables Fruit Bread	23 Hamburger Grilled Chicken Sand. Tater tots, Veggie sticks Choice of Fresh Fruit	24 French Toast sticks & sausage Egg-n-Cheese Sandwich Hash Brown, Mandarin Oranges	25 Baked Honey Ham Chicken Nuggets Mash Potatoes, Carrots Fresh Fruit, Dinner Roll	<u>BURRITO'S</u> 26 Beef-n-Cheese Chick-n-Cheese Garden Salad, tortilla chips Pineapple cup	27 Cheese pizza Fish Sandwich Beef Vegetable soup Fresh Fruit
1st choice 2nd choice Vegetables Fruit Bread	30 Grilled Chicken strips B-B-Q Beef Sandwich Brown Rice , Sweet Corn Chilled pears cup	31 Grilled Cheese Chef Salad Tater tots, Tomato Soup Choice of Fresh Fruit	<b>LUNCH BUNCH OPT-1</b> Bagel & Cream Cheese String cheese, baby carrot w/ ranch dressing, Fresh Apple, Teddy Gahams 	<b>LUNCH BUNCH OPT-2</b> 4 oz. Dannon Yogurt String cheese, baby carrot w/ ranch dressing, Fresh Apple, Teddy Grahams 	<b>LUNCH BUNCH OPT-3</b> Cereal Choice String cheese, baby carrot w/ ranch dressing, Banana Teddy Grahams 



**5 A Day**  
 Eat 5 to 9 Fruits and Vegetables



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