

- Health Note: Try exchanging water for one other beverage per day in January! Did you know that it's recommended to only have 50 grams of sugar per day- there's more than that in some single cans of soda!

# Wadsworth Elementary Lunch Menu

## January 2019

Full Price: \$2.70    Reduced Price: \$.40    Milk: \$.50



<u>Daily A la Carte Choices:</u>	1)	2)	3)	4)
<b>Chicken Nuggets</b> <b>Chef Salad</b> <b>Deli Choice</b>	<b>Winter Break</b> <b>No School</b>	<b>Winter Break</b> <b>No School</b>	<b>Winter Break</b> <b>No School</b>	<b>Winter Break</b> <b>No School</b>
<b>7) Penne Pasta with Meat Sauce</b> <b>Deli: Hot Dog</b> <b>Steamed Broccoli</b> <b>Fruit</b> <b>Milk</b>	<b>8) Chicken Patty Sandwich</b> <b>Deli: Hot Dog</b> <b>California Blend Veggies</b> <b>Fruit</b> <b>Milk</b>	<b>9) Soft Tacos</b> <b>Deli: Hot Dog</b> <b>Fiesta Beans</b> <b>Corn</b> <b>Fruit</b> <b>Milk</b>	<b>10) Chili with PB&amp;J Jammer</b> <b>Deli: Hot Dog</b> <b>Tossed Romaine Salad</b> <b>Fruit Juice</b> <b>Milk</b>	<b>11) Pizza Bosco</b> <b>Deli: Hot Dog</b> <b>Green Beans</b> <b>Crunchy Veggies</b> <b>Fruit</b> <b>Milk</b>
<b>14) Chicken Fries with Mac-N-Cheese</b> <b>Deli: Uncrustable</b> <b>Green Peas</b> <b>Fruit</b> <b>Milk</b>	<b>15) Mini Corn Dogs</b> <b>Deli: Uncrustable</b> <b>Tossed Romaine Salad</b> <b>Red Pepper Slices</b> <b>Fruit</b> <b>Milk</b>	<b>16) Mini Waffles with Syrup</b> <b>Deli: Uncrustable</b> <b>Yogurt Cup</b> <b>Tater Tots</b> <b>Fruit Juice</b> <b>Milk</b>	<b>17) Walking Taco</b> <b>Deli: Uncrustable</b> <b>Shredded Lettuce &amp; Cheese</b> <b>Black Bean &amp; Corn Salsa</b> <b>Fruit</b> <b>Milk</b>	<b>18) Pizza Hut Pizza</b> <b>Deli: Uncrustable</b> <b>Tossed Spinach Salad</b> <b>Crunchy Baby Carrots</b> <b>Fruit</b> <b>Milk</b> 
<b>21) MLK Jr. Day</b> <b>No School</b>	<b>22) Grilled Ham &amp; Cheese Sandwich</b> <b>Deli: Corn Dog</b> <b>Corn</b> <b>Red Pepper Strips</b> <b>Fruit</b> <b>Milk</b>	 <b>23) Chicken Noodle Soup</b> <b>Deli: Corn Dog</b> <b>Olaf Pretzel</b> <b>Garden Salad</b> <b>Fruit</b> <b>Milk</b> <b>Cherry Jello</b>	<b>24) Mini Pancakes</b> <b>Deli: Corn Dog</b> <b>Sausage Links</b> <b>Tater Tots</b> <b>Fruit Juice</b> <b>Milk</b>	<b>25) Stuffed Crust Pizza</b> <b>Deli: Corn Dog</b> <b>Crunchy Veggies with Hummus</b> <b>Steamed Broccoli</b> <b>Fruit</b> <b>Milk</b>
<b>28) Pulled Pork Sandwich</b> <b>Deli: Cheese Bosco</b> <b>Baked Beans</b> <b>California Blend Vegetables</b> <b>Fruit</b> <b>Milk</b>	<b>29) French Toast Bites</b> <b>Deli: Cheese Bosco</b> <b>String Cheese</b> <b>Tater Tots</b> <b>Fruit Juice</b> <b>Milk</b>	<b>30) Cheese Quesadilla</b> <b>Deli: Cheese Bosco</b> <b>Corn</b> <b>Tossed Salad</b> <b>Fruit</b> <b>Milk</b>	<b>31) Chicken Tenders with Roll</b> <b>Deli: Cheese Bosco</b> <b>Mashed Potatoes &amp; Gravy</b> <b>Green Beans</b> <b>Fruit, Milk</b>	<b>Free/Reduced Lunch Applications</b> <b>are available at</b> <a href="http://www.wadsworth.k12.oh.us">www.wadsworth.k12.oh.us</a> <b>A new application must be filled out yearly. Call 330-335-1436 for questions</b>