

DADE COUNTY SCHOOLS

JANUARY 2018 MENU

F2S Harvest of the Month Featured Items: Carrots & Citrus

NUTRITION

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				3		4		5	
				WG French Toast Sticks Cereal, Yogurt, Toast, Fruit, Juice		Sausage Biscuit Cereal, Yogurt, Toast, Fruit, Juice		Oatmeal w/ Cinnamon Toast Cereal, Yogurt, Toast, Fruit, Juice	
				NATIONAL SOUP MONTH Turkey & Cheese Sandwich Grilled Cheese Sandwich Chicken Noodle Soup Lettuce & Tomato French Fries Carrots & Celery Sticks w/Dip Fresh Fruit, Peaches		National Spaghetti Day Ravioli w/Garlic Bread Corn Dog Steamed Carrots Green Beans Tossed Salad w/Spinach Fresh Fruit, Applesauce 		Hamburger Hot Wings Lettuce, Tomato, Pickle Baked Beans Potato Wedges Fresh Fruit, Fruit Cup 	
8		9		10		11		12	
Omelet w/ Cheese Cereal, Yogurt, Toast, Fruit, Juice		Biscuit & Gravy Cereal, Yogurt, Toast, Fruit, Juice		Fruit Pastry Cereal, Yogurt, Toast, Fruit, Juice		Waffles Cereal, Yogurt, Toast, Fruit, Juice		Chicken Biscuit Cereal, Yogurt, Toast, Fruit, Juice	
Elvis' Birthday Chicken Tenders w/ WG Roll or Pizza Creamed Potatoes Romaine Tossed Salad Green Beans Fresh Fruit, Mixed Fruit 		Cheese Quesadilla or Chicken Soft Taco Lettuce/Tomato/Shredded Cheese Black Beans, Salsa Corn GG Fresh Fruit , Diced Pears		NATIONAL SOUP MONTH Ham & Cheese Wrap Peanut Butter & Jelly Sandwich Vegetable Beef Soup Romaine Salad French Fries Fresh Fruit, Peaches Cinnamon Roll		National Milk Day Spaghetti w/ WG Breadstick or Chicken Sandwich Corn on Cob Glazed Carrots Caesar Salad or L&T Fresh Fruit, Applesauce 		Hamburger Hot Dog Cole Slaw or L&T&P Potato Tots Baked Beans Fresh Fruit, Fruit Cup	
15		16		17		18		19	
		Biscuit and Gravy Cereal, Yogurt, Toast, Fruit, Juice		Mini Pancakes Cereal, Yogurt, Toast, Fruit, Juice		Sausage Biscuit Cereal, Yogurt, Toast, Fruit, Juice		Oatmeal w/ Cinnamon Toast Cereal, Yogurt, Toast, Fruit, Juice	
<i>I Have A Dream</i>  Martin Luther King, Jr. Day		NATIONAL SOUP MONTH Burrito or Chili Lettuce/Tomato/Shredded Cheese Refried Beans Mexicali Corn Salsa, Sour Cream, Crackers GG Fresh Fruit , Diced Pears		Benjamin Franklin Birthday Teriyaki Chicken Hot Ham & Cheese Sandwich Asian Rice Oriental Vegetables Steamed Carrots Fresh Fruit, Peaches 		A.A. Milne Birthday Lasagna w/Garlic Toast Chicken Sandwich Caesar Salad or L&T Corn Green Peas Fresh Fruit, Applesauce		BBQ Sandwich Fish Sandwich Cole Slaw or L&T&P Potato Tots Baked Beans Fresh Fruit, Fruit Cup 	
22		23		24		25		26	
Super Donut w/Sausage Link Cereal, Yogurt, Toast, Fruit, Juice		Biscuit & Gravy Cereal, Yogurt, Toast, Fruit, Juice		Pancake Pup Cereal, Yogurt, Toast, Fruit, Juice		Chicken Biscuit Cereal, Yogurt, Toast, Fruit, Juice		Oatmeal w/ Cheese Toast Cereal, Yogurt, Toast, Fruit, Juice	
Chicken Tenders w/ WG Roll or Pizza Tossed Salad Roasted Veggies Creamed Potatoes Green Beans Fresh Fruit, Mixed Fruit		NATIONAL SOUP MONTH Cheese Quesadilla Taco Soup w/ Tortilla Chips Shredded Lettuce, Tomato & Cheese Veggie Sticks w/Dip Salsa, Sour Cream Chili Beans GG Fresh Fruit , Diced Pears 		National Compliment Day Meatloaf w/Cornbread Corn Dog Mac-n-Cheese Peas Okra Cole Slaw Fresh Fruit, Peaches		Potato Bar w/Cheese Walking Chili Taco Shredded Lettuce, Tomato Steamed Broccoli Sautéed Mushrooms Fresh Fruit, Applesauce 		Hamburger Cheeseburger Lettuce, Tomato, Pickle Baked Beans Potato Wedges Fresh Fruit, Fruit Cup Cookie	
29		30		31		*Breakfast Choices include: Cereal, Poptart, Cereal Bar, WG Toast or Yogurt, Fruit, Juice START THE DAY WITH A HEALTHY BREAKFAST		Breakfast is the most important meals of the day, make it a top priority! Breakfast fuels our body with nutrients and energy and is shown to help us maintain a healthy weight. Did you know that kids who eat breakfast are more alert and typically do better at school? Breakfast is served at all Schools. Make sure your student starts the day with School Breakfast!	
Omelet w/ Cheese Cereal, Yogurt, Toast, Fruit, Juice		Biscuit & Gravy Cereal, Yogurt, Toast, Fruit, Juice		WG French Toast Sticks Cereal, Yogurt, Toast, Fruit, Juice					
Chicken Nuggets w/ WG Roll or Pizza Creamed Potatoes Romaine Tossed Salad Green Beans Fresh Fruit, Mixed Fruit 		Taco Salad or Cheese Quesadilla Lettuce/Tomato/Shredded Cheese Refried Beans Mexicali Corn Salsa, Sour Cream GG Fresh Fruit , Diced Pears		NATIONAL SOUP MONTH Turkey & Cheese Sandwich Grilled Cheese Sandwich Chicken Noodle Soup Lettuce & Tomato French Fries Carrots & Celery Sticks w/Dip Fresh Fruit, Peaches 					
Check out our MENUS at: www.dadecs.org and on the MealViewer App. Menus subject to change based on availability.				"USDA is an equal opportunity provider and employer."		MENUS SUBJECT TO CHANGED BASED ON AVAILABILITY. A CHOICE OF MILK AND FRUIT IS OFFERED.			