



January 2009



MIDLOTHIAN SD #143

4-12 TRADITIONAL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| | <h2 style="color: blue;">WINTER BREAK</h2> | | | |
| | SPAGHETTI W/MEATSAUCE Garden Vegetables Cherry Juice Bar Garlic Bread Milk | BREADED CHICKEN FILLET Green Beans Fruited Gelatin Hamburger Bun BBQ Sauce (2) Double Fudge Cookie Milk | SALISBURY STEAK W/GRAVY Mashed Potatoes Pear Cup Wheat Bread (2) Margarine (2) Milk | CHEESE PIZZA Pineapple Cup Apple Cranberry Juice Multi Grain Sun Chips Milk |
| CHICKEN TENDERS W/ POTATO WEDGES Grape Juice Bar Corn Muffin Margarine (2) BBQ Sauce (2) Ketchup (2) Milk | HAMBURGER Corn Peach Cup Hamburger Bun Ketchup (2) Mustard Soft & Chewy Chocolate Chip Cookie Milk | MEATBALL SUB Mashed Potatoes Grape Juice Hot Dog Bun Vanilla Creme Cookies Milk | PEPPERONI PIZZA Fresh Apple Orange Pineapple Juice Kids' Munchie Mix Milk | CHEESY CHILI NACHOS Fresh Baby Carrots Ranch Dressing Cinnamon Applesauce Whole Grain Tortilla Rounds Milk |
| Martin L. King Day | LOWFAT TSTD CHS ON WHEAT Tomato Soup w/ Noodles Blue Raspberry Juice Bar Sourdough Pretzel Nuggets Milk | ROTINI BAKE Green Beans Pear Cup Soft Breadstick Milk | NEW! POPCORN CHICKEN W/POTATO STARS Fresh Orange Wheat Bread Margarine BBQ Sauce Ketchup Milk | CHEESE PIZZA Fresh Baby Carrots Ranch Dressing Blended Fruit Juice Chocolate Chip Muffin Milk |
| CHEESE QUESADILLA Corn Cherry Juice Bar Taco Sauce Kids' Munchie Mix Milk | RIB-B-QUE Potato Stars Strawberry Applesauce Hamburger Bun Ketchup (2) Cheetos Cracker Trax Milk | CHICKEN TENDERS Fresh Orange Garden Green Peas Corn Muffin BBQ Sauce (2) Milk | PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fat Free Ranch Dressing Blended Fruit Juice Double Fudge Cookie Milk | SMOKED BEEF SAUSAGE W/ POTATO ROUNDS Pear Hot Dog Bun Mustard Ketchup (2) Mini Pretzels Milk |

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