



Fairview School

Lunch

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>		
No Lunch	2 Beef and Cheese Burrito 1ea Black Beans 3/4c Graham Crackers .5oz 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	3 Crispy Chicken Breast on Whole Wheat Bun 3oz Sliced Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	4 BBQ Beef Ribbecue on a WW Hamb Bun 2.5oz Corn 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	5 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz
8 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Black Beans 3/4c Shredded Cheddar 1oz Tostitos Chips 1oz Wrapped Whole Wheat Bread 1ea Raisins 1 Box 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	9 Meatballs w/ Marinara Sauce 4ea Wrapped Whole Wheat Bread 1ea Corn 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	10 Macaroni w/ Beef 6oz Wrapped Whole Wheat Bread 1ea Whole Baby Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	11 Grilled Chicken Salad 2 Cups Romaine Lettuce 1 1/2 Cup Grilled Chicken Strips 2 oz Shredded Mozzarella .5oz W.G Croutons 1/4 Cup PC Ranch Dressing 1ea Fresh Banana 1ea Wrapped Whole Wheat Bread 2ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	12 Hamburger on a WW Bun 2.8oz Maple Baked Beans 3/4 Cup Fruit Cocktail 1/2 Cup 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
No Lunch	16 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Red Beans 3/4 cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	17 Lasagna Rollette w/ Marinara Sauce 1ea-3.5oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	18 Grilled Cheese on WW Bread 2.5oz Corn 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	19 Whole Wheat Pizza 1ea Green Beans 3/4 Cup Fresh Tangerine 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz
22 Popcorn chicken 3oz Wrapped Whole Wheat Bread 1ea Sliced Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	23 Beef Hot Dog on a WW Bun 1ea Corn 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Mustard 1ea PC Mayo 1ea	24 Macaroni and Cheese 6oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz	25 Baked Chicken Patty on a Whole Wheat Bun 1ea Maple Baked Beans 3/4 Cup Fruit Cup 1/2 Cup 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	26 Hamburger on a WW Bun 2.8oz Green Beans 3/4 Cup Fresh Pear 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea
29 Grilled Chicken on a WW Bun 2.5oz Cowboy Baked Beans 3/4 Cup Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	30 W.G Chicken Nuggets 5ea Wrapped Whole Wheat Bread 1ea Sliced Carrots 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz PC Ketchup 1ea	31 Homemade Baked Ziti 6oz Wrapped Whole Wheat Bread 1ea Broccoli 3/4C 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate,Fat Free Strawberry Milk or Skim 8oz		