

# St Louis County Schools ISD 2142

January 2019

## Lunch Menu

	1 No School	2 No School	3 Chicken Nuggets Seasoned Rice Steamed Carrots Mandarin Oranges Sliced Bread Bacon Cheeseburger Chef Salad Milk	4 Nachos w/ beef and cheese sauce Salsa Sour cream Lettuce salad Broccoli w/ranch Peaches Mexican Rice Refried Beans Sweet & Sour chicken/w rice Chef Salad Milk
7 Pizza Coleslaw Fresh Broccoli w/ ranch Pears Craisens Mac & Cheese Chef Salad Milk	8 Chicken Burger on Bun Lettuce Leaf Tomato Slices Potato wedges Orange sections Lunchmeat Sub Chef Salad Milk	9 California burger on Bun Lettuce Leaf Tomato Slices Cheese slice Spudster Baked beans Pineapple Pizza slice Chef Salad Milk	10 Hamburger Gravy Mashed Potatoes Green beans Dinner Roll Mandarin Oranges Egg Roll Chef Salad Milk	11 BBQ Pulled pork on wh gr bun Sweet potato fries Corn Kiwi Side Kicks Chicken tenders Chef Salad Milk
14 Pasta w/Spag sauce Garlic Breadstick Coleslaw Corn Mandarin oranges Chicken Quesadilla Chef Salad Milk	15 Pork Gravy Mashed Potatoes Sliced bread Peas & Carrots Applesauce cups Lasagna roll ups Chef Salad Milk	16 Tacos in a bag Beef Cheese Onion Lettuce Tomato Salsa Mexican Rice Refried Beans Sour cream Pineapple French bread pizza Chef Salad Milk	17 Cheese omelet w/ toast Sausage Potato Sticks Carrots w/ Ranch Juice Warm Cinnamon Apples Eng muffin w/egg, sausage, cheese Chef Salad Milk	18 No School
21 No School	22 Pizza Lettuce salad Steamed carrots Fresh Fruit Spicy chicken patty Chef Salad Milk	23 Meatloaf w/ mashed potatoes and gravy Steamed Broccoli Peaches Dinner roll BBQ pork patty on bun Chef Salad Milk	24 Country fried pork om Bun Oven baked potato wedges Baked beans Pears Pizza round Chef Salad Milk	25 Grilled Cheese sandwich Chicken noodle soup w/Crackers Fresh veggies w/ ranch Mandarin oranges Chicken fajita Philly sub Chef Salad Milk
28 Pasta w/Spag sauce Garlic Breadstick Coleslaw Green beans Pineapple Mini Corn dogs Chef Salad Milk	29 Chicken Burger on Bun Lettuce Leaf Tomato Slices Spudster Peaches Side Kicks Turkey bacon wrap Chef Salad Milk	30 Taco Salad w/ Tortilla chips Beef Chicken Cheese Lettuce Tomato Salsa Mexican Rice Refried Beans Pears Onions Sour cream Burrito Salad Milk	31 Pizza Pasta salad Fresh veggies w/ ranch Mixed Fruit Popcorn chicken Chef Salad Milk	

There will be a limited amount of an Alternate entrée choice or salad daily for 6-12 grades

**Elementary Lunch \$2.35**  
**Secondary lunch \$2.70**  
**Reduced lunch \$ .00**  
**Adult Lunch \$3.85**  
**Milk Only \$ .65**

**Milk Choices Offered Daily**  
**Skim**  
**Skim Choc**  
**1%**  
**Lactaid**  
**Available on parent's request**

Menu subject to changes

Free & Reduced applications available throughout the school year

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