

JANUARY

MON		TUE		WED		THU		FRI	
03	NO SCHOOL	04	SWEET & SOUR CHICKEN WHITE RICE VEGETABLE FRUIT 570 Cal, 20 Protein, 12 Fat	05	SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	06	HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	07	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
10	BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat	11	NACHOS W/BEEF OR CHEESE VEGETABLE FRUIT 308 Cal, 22.2 Protein, 28 Fat	12	CHICKEN NUGGETS MASHED POTATOES VEGETABLE FRUIT 480 Cal, 18 Protein, 20 Fat	13	CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	14	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
17	NO SCHOOL	18	SOFT TACOS YELLOW RICE BLACK BEANS VEGETABLE FRUIT 458 Cal, 31.2 Protein, 22 Fat	19	SPAGHETTI WITH MEATBALLS BREADSTICKS VEGETABLE FRUIT 750 Cal, 28 Protein, 22.5 Fat	20	HOT DOGS CHIPS VEGETABLE FRUIT 720 Cal, 21 Protein, 42 Fat	21	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
24	CHICKEN SLIDERS FRIES VEGETABLE FRUIT 610 Cal, 24 Protein, 18.5 Fat	25	SWEET & SOUR CHICKEN WHITE RICE VEGETABLE FRUIT 570 Cal, 20 Protein, 12 Fat	26	CHICKEN NUGGETS MASHED POTATOES VEGETABLE FRUIT 480 Cal, 18 Protein, 20 Fat	27	CORN DOGS MAC & CHEESE VEGETABLE FRUIT 680 Cal, 22 Protein, 28 Fat	28	PIZZA VEGETABLE FRUIT 660 Cal, 26 Protein, 27 Fat
31	BURGER SLIDERS FRIES VEGETABLE FRUIT 560 Cal, 17 Protein, 24 Fat								

Nutrition content based on broccoli as vegetable and strawberry as fruit.