

January 2018		Wieuca Day School			Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
	2 Savory Turkey Meatballs IN: Marinara Sauce WITH: Spaghetti Diced Carrots Diced Pears	3 Pizza Day Whole Wheat Cheese Pizza WITH: Garden Salad with Italian Dressing* Citrus Smiles *Green Peas	4 Beefy Macaroni Skillet WITH: Soft Breadstick Green Beans Banana Half	5 Under-the-sea-Whole Wheat Fish Nuggets WITH: Homemade Tartar Sauce Vegetable Medley Diced Peaches	
	8 Creamy Chicken Alfredo Pasta featuring Local Springer Mountain All Natural Chicken WITH: Green Beans Applesauce	9 All American Hamburger WITH: Wheat Bun Sliced American Cheese Mashed Potatoes Fresh Sliced Apples* *Applesauce	10 BBQ Pulled Chicken Sandwich with: Wheat Bun Slow Cooked Baked Beans Fruit Yogurt Cup	11 Tex Mex Turkey Soft Taco WITH: Cheddar Cheese Shredded Lettuce Steamed Corn Mandarin Oranges	12 Chicken and Dumplings featuring Local Springer Mountain All Natural Chicken WITH: Green Peas Diced Pineapple
	15 16 Whole Grain Chicken Strips WITH: House-made Honey Mustard Sauce Baby Carrots with Ranch Dip* Applesauce *Diced Carrots	17 Spaghetti in a Savory Turkey Meat Sauce WITH: Mozzarella Cheese Shreds Soft Breadstick Green Beans Diced Peaches and Pears	18 Chicken Quesadilla featuring Local Springer Mountain All Natural Chicken WITH: Freshly Made Mild Salsa Mexicali Rice Steamed Corn Diced Pineapple	19 Oven Roasted Chicken WITH: Lemon Herb Brown Rice Green Lima Beans Mandarin Oranges	
	22 Fiesta Chicken Soft Taco Shredded Cheddar Cheese Sweet Yellow Corn Tropical Fruit	23 Turkey Cheeseburger Mac OR with: Soft Breadstick Green Peas Diced Pears	24 Crispy Chicken Sandwich WITH: House-made Barbeque Sauce Slow Cooked Baked Beans Citrus Smiles	25 Chicken and Bowtie Pasta featuring Local Springer Mountain All Natural Chicken WITH: Mixed Vegetables Diced Peaches	26 Whole Grain Chicken Nuggets WITH: House-made Honey Mustard Garden Salad with Italian Dressing* Diced Pineapple *Diced Carrots
29 Mama Mia Marinara Turkey Meatball Sub WITH: Sliced Cheese Steamed Green Beans Vanilla Diced Pears	30 IT'S BACK! Homestyle Beef Chili WITH: Cornbread Mixed Vegetable Medley Golden Applesauce	31 Teriyaki Chicken with Asian Style Noodles WITH: Green Peas Orange Wedges			



We are committed to Healthy, Nutritious & Delicious Meals.
 Locally sourced ingredients included whenever possible.
 No High Fructose Corn Syrup, Trans Fats,
 or MSG are used in our recipes.

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A vibrant red cardinal perched on a snow-covered branch against a light blue background with white snowflakes. The cardinal is facing left, with its bright red feathers contrasting sharply with the white snow and blue sky. The branch is dark and textured, with patches of white snow. The background is a solid light blue, peppered with small white dots representing falling snow.

****All Pasta Products are Processed in a Facility that Uses Egg****

This list is comprised of the most common allergens we chart, including eggs, soy product, wheat, and milk. Though we have identified most possible allergens and ingredients, this form is intended as a broad reference only. While we make every attempt to identify these common allergens, please know that it is ultimately up to you, the parent, to help your child avoid problem foods. We urge parents of children with severe allergies to work closely with your pediatrician and your school before deciding on whether or not to participate in the school lunch program.