

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lunch Meal Prices January = 18 Days Elementary@2.50 = \$45.00 Secondary@2.75 = \$49.50 Reduced@.40 = \$7.20 Extra Milk = .50 Adult Lunches = \$3.75	3	4 No School Professional Learning School Resumes Thursday, January 5th	5 M/MA & G/B: Hamburger/Bun V: Potato Chunks Tossed Salad, F: Sliced Peaches Cal 691 Carb 100.9g T.Fat 19.3g	6 M/MA: Chicken Tenders G/B: Snack Mix V: Broccoli, Salad F: Orange Wedges, Rosy Applesauce Cal 745 Carb 103.2g T.Fat 25.2g
9 M/MA & G/B: Meatball Sub Sandwich V: Seasoned Peas, Fresh Veggies G/B: Doritos F: Pineapple Chunks & Frozen Whole Fruit Cup Cal 829 Carb 127.5g	10 M/MA & G/B: Pizza V: Seasoned Carrots, Tossed Salad F: Rosy Applesauce Orange Wedges Cal 624 Carb 96.7g	11 M/MA & G/B: Chix Fajita V: Refried Beans G/B: Smart Snack Bag F: Chilled Peaches, Crisp Apple Wedges Cal 629 Carb 90.2g	12 M/MA & G/B: Breaded Pork Pattie V: Whipped Potatoes Tossed Salad, Broccoli F: Sliced Pears G/B: Whole Wheat Roll Cal 862 Carb 114.9g	13 M/MA & G/B: Chicken Patty/Bun G/B: Doritos V: Green Beans, Salad F: Fruit Cocktail, Orange Smiles Cal 708 Carb 93.2g
16 No School Martin Luther King Day 	17 M/MA: Chicken Tenders V: Oven Potatoes Seasoned Corn Tossed Green Salad F: Rosy Applesauce Cal 809 Carb 115.7g T.Fat 26.7g	18 M/MA & G/B: Max Stix with Sauce V: Seasoned Carrots, Tossed Salad F: Orange Juice Crisp Apple Wedges Cal 670 Carb 95.3g T.Fat 22.7g	19 M/MA & G/B: Taco Salad V: Seasoned Broccoli, Refried Beans F: Orange Wedges, Frozen Whole Fruit Cup Cal 601 Carb 76.6g T.Fat 20.4g	20 M/MA & G/B: Grilled Chicken Patty/Bun G/B: Kids Snack Mix V: Spudsters Potatoes, Seasoned Peas F: Chilled Peaches Cal 877 Carb 117.2g
23 KANSAS BEEF DAY M/MA: Breaded BEEF V: Whipped Potatoes, Seasoned Green Beans F: Orange Juice Pears Cal 740 Carb 93.1g	24 KANSAS DAIRY DAY* M/MA&G/B: Hamburger/Bun Optional: CHEESE Slice V: Fresh Veggies, Potato Rounds, Baked Beans F: Apples Smiles Cal 765 Carb 104.6g T.Fat 23.8g	25 KANSAS PORK DAY M/MA & G/B: PEPPERONI Pizza V: Hot Carrots & Salad, Fresh Veggies F: Chilled Peaches Cal 578 Carb 85.1g	26 KANSAS WHEAT DAY M/MA: Chicken Nuggets V: Au Gratin Potatoes, Tossed Salad G/B: WHEAT Roll F: Pineapple, Fruit Cup Cal 848 Carb 128.7g	27 KANSAS CORN DAY M/MA: Crispito G/B: Baked TOSTITOS V: Bean & CORN Salsa, Seasoned Broccoli F: Oranges & Pears Cal 782 Carb 102.7g
30 M/MA & G/B: Corn Dog V: Seasoned Corn, Salad, Fresh Veggies G/B: Snack Mix Tossed Salad F: Rosy Applesauce 740 Carb 119.8g T.Fat 18.7g	31 M/MA & G/B: Pulled Pork/Bun V: Spudsters Potatoes Baked Beans, Salad F: Crisp Apple Wedges, Grape Juice Cal 930 Carb 138.9g T.Fat 28.4g	<p>From the Kansas Department of Agriculture website: The TOP 5 Kansas Agricultural Products are: Cattle, Wheat, Corn, Sorghum, and Soybeans!</p>		
<p>Menu Component Key: M/MA = Meat/Meat Alternate G/B = Grain/Bread V = Vegetable F = Fruit Milk available at each meal <u>A school lunch must include 3 components.</u> <u>Every meal must contain 1/2 cup fruit and/or vegetables</u></p>				

January

January 2017
Seaman USD#345
Menu Subject to Change



* "In 2014 Kansas was home to 143,000 dairy cows that produced more than 2.9 billion pounds of milk!"
(agriculture.ks.gov)

**KANSAS
SCHOOL LUNCH
WEEK:**
January 23-27
Celebrate Kansas
Foods!

