





JANUARY 2020

SEQUOYAH
SCHOOL

6TH -8TH
GRADE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Optional Main Dish		HAPPY NEW YEAR		
PB&J Jamwich or Yogurt Cup Cheese Stick-Crackers				
6	7	8	9	10
VARIETY OF LOW FAT AND FAT FREE MILK SERVED EVERY MEAL	<u>Soft Mozzarella Bread Sticks</u>	<u>Pizza Hut Pizza or Egg & Sausage Biscuit</u>	<u>Chicken Mega Mini Bites or Baja Pork Wrap</u>	<u>Cheeseburger or BBQ Pork Baked Potato</u>
	Marinara Sauce	Sweet Potato Fries	French Fries	Spicy Ranch Beans
	Green Beans	Tossed Salad	Lettuce / Tomato / Salsa	Lettuce / Tomato / Pickles
	Apricot Cup/Chilled Pears	Applesauce / 100% Juice	Strawberries / Pineapple	Diced Peaches / 100% Juice
13	14	15	16	17
<u>Chicken Fajitas</u>	<u>Honey Sriracha Wings</u>	<u>Pizza Hut Pizza or Beef Vegetable Soup</u>	<u>Hot Ham & Cheddar or Chili Cheese Cup</u>	<u>Fiesta Nacho's or Fish Sticks</u>
Salsa	Mashed Potatoes	Tossed Salad	French Fries	Refried Beans / Salsa
Southwest Beans	Hot Roll / Gravy	Green Peas & Carrots	Seasoned Broccoli	Sunshine Corn
Tossed Salad	Vegetable Medley	Applesauce / 100% Juice	Mandarin Oranges-Pears	Fruit Cup / Peaches
Cinnamon Apples / Juice	Mix Fruit / Blueberries			
20	21	22	23	24
No School	<u>Beef Steak & Gravy</u>	<u>Pizza Hut Pizza or Chicken Tortilla Soup</u>	<u>Crispy Chicken Sand. or Stuffed Breakfast Wrap</u>	<u>Frito Chili Pie or Loaded Baked Potato</u>
	Mashed Potatoes	Sweet Potato Fries	French Fries	Sunshine Corn
	Hot Roll	Tossed Salad	Chuckwagon Spinach	Seasoned Pinto Beans
	Green Beans	Apple Wedge / 100% Juice	Cinnamon Apples / Pears	Mix Fruit / Fresh Fruit
	Mandarin Oranges-Pears			
27	28	29	30	31
<u>Chicken & Noodles</u>	<u>Chicken Fried Steak</u>	<u>Pizza Hut Pizza or Homestyle Meatloaf</u>	<u>Cheeseburger Wrap or Chili Cheese Cup</u>	<u>Soft Mozzarella Bread Sticks or Fiesta Baked Potato</u>
Garlic Bread	Mashed Potatoes	Sweet Potato Fries	French Fries	Marinara Sauce
Green Beans	Hot Roll / Gravy	Tossed Salad	Lettuce / Tomato / Pickle	Baked Beans
Tossed Salad	Steamed Broccoli	Berry Cup / 100% Juice	Trop. Fruit / Orange Smile	Mix Fruit / Fresh Fruit
Strawberries / 100% Juice	Applewedge / Peaches			**Eagle** Energy Bar