

# January 2018

## Somis Union School



Menu subject to substitution. All meals served with choice of 1% regular or nonfat TruMoo chocolate milk. Please be sure to keep your student's accounts current. Thank you! Hope you enjoyed your holidays and have a happy 2018!



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This establishment is an equal opportunity employer.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Winter Break

Orange Chicken  
Rice Bowls  
Veggies and Fruit  
Milk  
Fortune Cookie

Grilled Cheese Sandwich  
Homemade Soup  
Fruit and Veggies  
Milk

Spaghetti  
Garlic Bread  
Fruit  
Veggies  
Milk

Corn Dogs  
Chili Beans  
Fruit  
Goldfish  
Milk

Pizza Day!  
Salad w/dressing  
Fruit  
Milk and Jello

Martin Luther King Jr.  
Holiday

BBQ Chicken  
Country Biscuit  
Fruit  
Veggies and Milk

Bean and Cheese Burrito  
Spanish Rice  
Fruit and Veggies  
Milk

Cheeseburgers  
Tater Tots  
Fruit  
Milk

Pizza Day!  
Salad w/dressing  
Fruit  
Milk  
Jello

Pulled Pork Sandwich  
Veggies  
Fruit  
Milk  
Graham Crackers

Mac-n-Cheese  
Cornbread  
Veggies and Fruit  
Milk

Chicken and Gravy  
Mashed Potatoes  
Fruit and Veggies  
Country Biscuit and Milk

Chicken Nuggets  
Baked Fries  
Fruit  
Milk

Pizza Day!  
Salad w/dressing  
Fruit  
Milk and Jello

Sub Sandwiches  
Pretzels  
Veggies and Fruit  
Milk

Taco Bowls  
w/Rice and Beans  
Fruit  
Milk

Chicken Pot Pie  
Veggies  
Fruit  
Milk and Applesauce Cake

