



# JANUARY | 2019

## West Shore ESD Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Happy New Year	1	2	3	4
7 Burrito Refried Beans Peaches 1 % milk	8 Pancakes Sausage Hashbrowns Applesauce Choice of Milk	9 Chicken Alfredo Pasta Fresh Fruit and Salad Bar Choice of Milk	10 Breakfast for Lunch Cereal Hashbrown Patty Sausage Banana Choice of Milk	11 Macaroni and Cheese Carrots Sticks Fresh Fruit Choice of Milk
14 Turkey Deli Sweet Potato Tots Spinach Salad Applesauce Choice of Milk	15 Tacos /tortilla shell Baby Carrots Lite Ranch Dressing Diced Pears Choc or Lowfat Milk	16 Baked Chicken Mashed Potatoes Mixed Green Salad Apple Slices Choice of Milk	17 Hungry Howie Pizza Day Green Beans Mixed Melon Salad Choice of Milk	18 Hotdog on a Bun Corn Celery Sticks Garbanzo Beans Diced Peaches Milk
21 Chicken rings Peas & Carrots Applesauce Dinner roll Milk	22 BBQ Pork Sandwich Corn Grapes Bun Choice of Milk	23 Ham Deli/ Bun Veggie Beans Tossed Salad Lite Ranch Dressing Fresh Fruit Varity of Milk	24 Walking Taco Corn Chips Baby Carrots Diced Pineapple Variety of Milk	25 Cheeseburger Tator Tots Peaches Bun Milk
28 Corndogs Baked Beans Diced Peaches Choice of Milk	29 Chicken Nuggets Brown Rice Cherry Tomato Pineapple Choice of Milk	30 Big Daddy Cheese Pizza Baby Carrots Lite Ranch Dressing 3 Blend Fruit Choice of Milk	31 Cheeseburgers Green Bell Peppers Diced Peaches Bun Choice of Milk	1 Food Service 231-757-5721 mnielsen@mccschools.org

All bread, bread items and pasta are whole or multi Grain  
Milk offered Daily  
Low fat 1 % White Milk  
Condiments available daily:  
Low cal salad dressings, Mayonnaise, catsup, mustard.

Menu is subject to change without notice  
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