

**Before you speak:
Think
T: Is it true?
H= Is it helpful?
I= Is it inspiring?
N= Is it necessary
K= Is it kind?**



January 2019
Everyday Dock Items

- JAMMER
- Variety of Milk Flavors
 - Assorted Fruit

Let 2019 be the
YEAR
WE "THINK"

WEDNESDAY

THURSDAY

FRIDAY

2 SLEEP In
KIDZ
IT's A
TEACHER
LEARNING
DAY



3 Oven Fried Chicken Drumstick
Baked Ham
Green Beans
Creamy MAC and Cheese
Hot Rolls
Assorted Fruit

4 Laker Flame Broiled Burger
Deli Turkey & Cheese
French Fries
Veggie Cup/Dip
Toppers
Assorted Fruit

7 Beefy Rotini/Twisty
Garlic Bread
Breaded Chicken
Bun/Chips
Garden Side Salad
Seasoned Green Beans
Assorted Fruit

8 Chili Crisпитos
Deli Ham Sandwich/Chips
Fiesta Salad
Mexican Rice & Beans
Scoops/Salsa Queso Cheese
Assorted Fruit
Mini Cup Cake

9 Teriyaki Beef Dippers/A1 Sauce
Corn Dog
Bake Potato / Toppings
Cheese-Sour Cream-Butter
Green Beans
Hot Rolls Peaches
Mini Cup Cake

10 BRUNCH 4 Lunch
Scrambled Eggs
Sausage
Hash Browns
Hot Cinnamon Apples
Biscuits/ Gravy
Assorted Fruit



11 Chicken /Dippin Sauce
Creamy Potatoes
Green Beans
Hot Rolls
Assorted Fruit

14 ALPHA Pizza
Pepperoni-Cheese-Mexican
Steamed Broccoli
Pasta Salad
Salad Bar
Apple slices / Caramel Dip



15 WALK'n Tacos
Seasoned Beef or Chicken
Salad Bar
Fiesta Rice
Refried Beans
Scoops/Salsa
Queso Cheese
Assorted Fruit



16 Hearty Chicken Noodle/Crackers
Club Sandwich or Grill Cheese
Harvest Cheddar Chips
Salad Bar
Warm Cinnamon Applesauce
MINI Cinnamon Roll
Assorted Fruit

17 
Salad Bar
Bowtie Pasta
Assorted Fruit

Ms. Jessie's Oatmeal Squares

18 Laker Burger
Deli Turkey & Cheese
French Fries
Pasta Salad
TOPPERS
Assorted Fruit

21 Martin Luther King, Jr
BIRTHDAY



22 TACO on a STICK
Deli Ham & Sandwich/Chips
Fiesta Salad
Mexican Rice & Beans
Scoops/Salsa
Assorted Fruit

23 Sweet & Tangy Orange Chicken
or Corn Dog
Fried Rice with Vegetables
Green Beans Egg Roll
Assorted Fruit
Banana Pudding

24 Ol Man WINTER'S VEGGIE SOUP w/
Deli Ham Sandwich or Taco Stick
Garden Salad
Harvest Cheddar Sun Chips
Assorted Fruits
Éclair Crème Brulee Cake

25 Chicken Dunkers
Jamm On/Baked Chips
Creamy Potatoes
Green Beans
Hot Rolls
Assorted Fruit

28 All U Can Eat Spaghetti
Breaded Chicken/Bun
WILD MIKES Cheese
Bites/Marinara
Romaine Side Salad
Seasoned Green Beans
Assorted Fruit Cups

29 Chili Crisпитos
Deli Ham & Cheese/Chips
Fiesta Salad
Mexican Rice & Beans
Scoops/Salsa
Assorted Fruit

30 Teriyaki Beef Dippers/A1 Sauce
Baked BBQ Chicken
Bake Potato / Toppings
Cheese-Sour Cream-Butter
Green Beans
Hot Rolls Peaches
Kellogg's Choco Chip Krispy

31 Hearty Chili/Crackers
Grill Cheese or Jammmer
Celery/ Carrot Sticks/Dip
Cinnamon Applesauce/Graham
Crackers
Assorted Fruit
Mini Rice Krispy

30
Manager's
Winter
Special

