

# Arkansas School for the Blind and Visually Impaired—Lunch Menu for January 2019—Grades 9-12

Students must take 1/2 cup fruit or 1/2 cup vegetable plus two other items. Menu items subject to change based on availability of stock. The USDA and the Arkansas School for the Blind are equal opportunity providers and employers.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## JANUARY 2019

|  |   |  |   |   |
|--|---|--|---|---|
| <p>7<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Spaghetti with Meat Sauce<br/>Refreshing Romaine Lettuce and Tomato Salad<br/>Seasoned Green Beans<br/>Whole Grain Italian Breadstick<br/>Nature-Sweet Honeydew Melon</p> <p>Milk</p> | <p>8<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Savory Grilled Fish or Salisbury Steak<br/>Steamed Rice<br/>Seasoned Green Peas<br/>Whole Grain Roll<br/>Ambrosia</p> <p>Milk</p>  | <p>9<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Hot Dog on Whole Grain Bun/Chili<br/>Zesty Baked Beans<br/>Sweet Potato Fries<br/>Chilled Strawberries</p> <p>Milk</p>  | <p>10<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Chicken Wings or Spring Salad with Chicken<br/>Scalloped Potatoes<br/>Tender Green Peas<br/>Whole Grain Roll<br/>Chilled Peach Slices<br/>Cool Mousse</p> <p>Milk</p> | <p>11<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Toasted Turkey and Cheese Sandwich<br/>Crunchy Red Bell Pepper Strips<br/>Assorted Relishes<br/>Chilled Grapes<br/>Whole Grain Cookie</p> <p>Milk</p> |
| <p>14<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Tasty Grilled Fish or Salisbury Steak<br/>Steamed Rice<br/>Colorful Seasoned Carrots<br/>Whole Grain Roll<br/>Lime Sherbet</p> <p>Milk/Chilled Orange Tangerine Juice</p>            | <p>15<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Beef or Chicken Nachos with Cheese<br/>Fresh Diced Tomatoes/Shredded Lettuce<br/>Hearty Refried Beans<br/>Warming Cinnamon Apples</p> <p>Milk</p>                                       | <p>16<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Chicken and Waffles<br/>Fluffy Scrambled Eggs<br/>Golden Hashbrowns<br/>Flavorful Sautéed Spinach<br/>Variety Cereal and Whole Grain Toast</p> <p>Milk/Chilled Grape Juice</p> | <p>17<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Homemade Beef or Vegetable Lasagna<br/>Seasoned Green Beans and Pimento<br/>Whole Grain Italian Breadstick<br/>Chilled Pineapple Chunks</p> <p>Milk</p>               | <p>18<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Frito Chili Pie or Leo's Chef Salad<br/>Sunny Golden Corn on the Cob<br/>Creamy Coleslaw<br/>Juicy Strawberries and Pineapple Chunks</p> <p>Milk</p>  |
| <p>21—MLK Day</p> <p style="text-align: center;">CLOSED</p>  | <p>22<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Savory Meatloaf or Leo's Southwest Salad<br/>Tasty Turnip Greens<br/>Hearty Blackeyed Peas<br/>Sweet Potato Casserole<br/>Homestyle Cornbread<br/>Nature-Sweet Apricots</p> <p>Milk</p> | <p>23<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Yummy Grilled Fish or Roast Beef Sandwich<br/>Crispy Tator Tots<br/>Tasty Coleslaw<br/>Traditional Hushpuppies<br/>Juicy Grapes</p> <p>Milk</p>                                | <p>24<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Baked Chicken<br/>Rice Pilaf<br/>Summery Green Peas<br/>Seasoned Steamed Carrots<br/>Whole Grain Roll<br/>Chilled Pineapple Chunks</p> <p>Milk</p>                    | <p>25<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Hamburger, Cheeseburger, or Turkey Burger<br/>Lettuce/Tomato/Pickles/Onions<br/>Whole Grain Chips<br/>Chilled Rosy Applesauce</p> <p>Milk</p>         |
| <p>28<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Perfectly Baked Ham<br/>Crisp Romaine Salad and Diced Tomatoes<br/>Broccoli Rice Casserole<br/>Glazed Carrots<br/>Whole Grain Breadstick<br/>Fresh Mixed Berries</p> <p>Milk</p>     | <p>29<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Chicken or Beef Fajita or Leo's Cobb Salad<br/>Spicy Chili Beans<br/>Orange Pepper Strips<br/>Caramel Bananas</p> <p>Milk</p>   | <p>30<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Cheese or Beef Pizza<br/>Golden Corn<br/>Crisp Celery Sticks<br/>Mandarin Oranges</p> <p>Milk</p>  | <p>31<br/>Fresh Fruit, Vegetable, Grain, and Entrée Bar<br/>Chicken Tenders<br/>Crispy Fries<br/>Chilled Cherry Applesauce<br/>Whole Grain Roll</p> <p>Milk</p>   |   |