



# January 2009



Troy Community Consolidated SD 30C

K-6 ENHANCED LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	<h2 style="color: blue;">WINTER BREAK</h2>			
<b>SPAGHETTI W/MEATSAUCE</b> Garden Vegetables Cherry Juice Bar Garlic Bread Milk 	<b>HOT DOG W/TRI TATORS</b> Blended Fruit Juice W. Grain Hot Dog Bun Mustard Ketchup (2) Milk	<b>BREADED CHICKEN FILLET</b> Green Beans Fruited Gelatin W. Grain Hamburger Bun BBQ Sauce Vanilla Cupcake Milk 	<b>SALISBURY STEAK WITH GRAVY</b> Mashed Potatoes Pear Cup Whole Grain White Bread (2) Margarine Milk	<b>CHEESE PIZZA</b> Pineapple Cup Apple Cranberry Juice Milk 
<b>CHICKEN TENDERS W/ POTATO WEDGES</b> Grape Juice Bar Corn Muffin BBQ Sauce Ketchup Milk	<b>HAMBURGER</b> Corn Peach Cup W. Grain Hamburger Bun Pickle Chips Ketchup Mustard String Cheese Milk 	<b>MEATBALL SUB</b> Fresh Broccoli Ranch Dressing Grape Juice W. Grain Hot Dog Bun Whole Grain Honey Wheat Pretzels Milk	<b>PEPPERONI PIZZA</b> Fresh Apple Orange Pineapple Juice Milk 	<b>CHEESY CHILI NACHOS</b> Fresh Baby Carrots Ranch Dressing Cinnamon Applesauce Whole Grain Tortilla Rounds Milk
<b>Martin L. King Day</b> 	<b>LOWFAT TSTD CHS ON WHEAT</b> Tomato Soup w/ Noodles Blue Raspberry Juice Bar Milk	<b>ROTINI BAKE</b> Green Beans Fresh Banana Soft Breadstick Milk	<b>NEW - POPCORN CHICKEN W/POTATO STARZ</b> Fresh Orange Whole Grain White Bread Margarine BBQ Sauce Ketchup Milk 	<b>CHEESE PIZZA</b> Fresh Baby Carrots Fat Free Ranch Dressing Blended Fruit Juice Milk
<b>CHEESE QUESADILLA</b> Corn Cherry Juice Bar Taco Sauce Milk 	<b>RIB-B-QUE</b> Potato Stars Orange Pineapple Juice W. Grain Hamburger Bun Ketchup (2) Strawberry Yogurt Milk	<b>CHICKEN TENDERS</b> Celery Fat Free Ranch Dressing Strawberry Applesauce Corn Muffin Milk	<b>PIZZA DIPPERS</b> Marinara Dipping Sauce Tossed Salad Fat Free Ranch Dressing Blended Fruit Juice Milk	<b>SMOKED BEEF SAUSAGE W/ POTATO ROUNDS</b> Pear W. Grain Hot Dog Bun Mustard Ketchup (2) Mini Pretzels Milk 

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