



INDIAN RIVER SCHOOL DISTRICT

January 2010 Lunch Menu ♦ Grades K-8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H1N1 FLU DOs and DON'Ts			<i>Menu is subject to change without notice.</i> Document No. 95-36/10/12/02	1
DO stay home if you're sick. DO wash your hands often. DO use tissues. DO cough or sneeze into your sleeve if you don't have a tissue.	DON'T touch your eyes, nose, or mouth without first washing your hands. DON'T cover up a cough or sneeze with your hand. DON'T come to school if you're sick!	No School New Year's Day		
4	5	6	7	8
Hot dog on bun Baked beans Applesauce Low fat milk	Chicken nuggets Scalloped potatoes Steamed broccoli Pineapple tidbits Low fat milk	Salisbury steak Mashed potatoes with gravy Peas Split top roll Fruit Low fat milk	Stuffed crust cheese pizza Winter blend vegetables Peaches Low fat milk	Toasted cheese sandwich Tomato soup with crackers Fresh fruit Low fat milk
11	12	13	14	15
Chicken patty on bun Lettuce & tomato Potato wedges Mixed fruit Low fat milk	Ravioli Tossed salad with dressing Bread stick Pineapple & mandarin orange blend Low fat milk	Taco with cheese Salsa Lettuce & tomato Seasoned corn Assorted fruit juice Low fat milk	Oven fried chicken Steamed rice Corn on the cob Frozen juice bar Low fat milk	Mozzarella sticks Marinara sauce Italian blend vegetables Peaches Low fat milk
18	19	20	21	22
No School Martin Luther King, Jr. Day 	Popcorn chicken with ranch dressing California blend vegetables Split top roll Mixed fruit Low fat milk	Personal pan pizza Tossed salad Peaches Low fat milk	Spaghetti with meat sauce Green beans Breadstick Pears Low fat milk	Cheese steak sub Vegetable soup with crackers Fruit Low fat milk
25	26	27	28	29
Cheeseburger on bun Lettuce & tomato Onion rings Fresh fruit Low fat milk	Chicken quesadilla Salsa Tater tots Fruit Low fat milk	Chicken tenders Baby carrots with dip Whole wheat bread Mixed fruit Low fat milk	Chef's Choice 	Half Day for Students 