

# JANUARY 2020

## MT ZION FOOD & NUTRITION 7<sup>TH</sup>-12<sup>TH</sup>

BREAKFAST-\$1.75  
LUNCH-\$2.65

Monday

Tuesday

Wednesday

Thursday

Friday



**6**  
NO SCHOOL

**7**  
TACO PIZZA WEDGE  
CORN  
APPLESAUCE  
PORK PATTY

**1**  
NO SCHOOL  
HAPPY NEW YEAR

**2**  
NO SCHOOL

**3**  
NO SCHOOL

**10**  
STUFFED CRUST PEPPERONI  
PIZZA  
MIXED VEGETABLES  
MANDARIN ORANGES  
DELI SUB

**14**  
CHICKEN NOODLE SOUP  
CELERY/RANCH  
PINEAPPLE  
GRILLED CHEESE SANDWICH

**15**  
BONELESS WINGS  
CORN  
PEACHES  
ANIMAL COOKIES  
CORN DOG

**16**  
CHICKEN & CHEESE  
QUESADILLA  
CHIPS/SALSA  
MIXED BERRIES  
HAMBURGER ON BUN

**17**  
MEATBALL SUB  
PEAS  
PEARS  
VANILLA WAFERS  
DELI SUB

**20**  
NO SCHOOL

**21**  
PANCAKE SAUSAGE STICK  
BROCCOLI W/RANCH  
PEACHES  
ITALIAN BEEF

**22**  
CHEESE RAVIOLI  
W/BREADSTICK  
CORN  
APPLESAUCE CUPS  
GRILLED CHICKEN PATTY

**23**  
CHEESE PIZZA  
BAKED BEANS  
STRAWBERRIES  
SLOPPY JOE

**24**  
POPCORN CHICKEN  
CARROTS/RANCH  
PEARS  
CHEEZ-IT CRACKERS  
DELI SUB

**27**  
PEPPERONI PIZZA  
GREEN BEANS  
SLUSHIE  
DELI SUB

**28**  
BACON CHEESE OMELET  
A BISCUIT  
PEAS  
PEARS  
BREADED CHICKEN SAND.

**29**  
SALISBURY STEAK W/HOT  
ROLL  
MASHED POTATOES  
MIXED BERRIES  
HOT DOG

**30**  
CHICKEN NUGGETS  
COOKED CARROTS  
PEACHES  
CHOCOLATE CHIP COOKIE  
BBQ PULLED PORK SAND.

**31**  
CHICKEN FAJITAS  
CORN SALAD  
MANDARIN ORANGES  
DELI SUB

PARENTS CAN MAKE ONLINE PAYMENTS THROUGH E-FUNDS OR MAY ALSO DO CHECKS, DEBIT, CREDIT CARD AND CASH.  
MENU ITEMS ARE SUBJECT TO CHANGE  
JANUARY'S SPECIALTY BARS ARE SOUP, NACHO, BREAKFAST, AND POTATO