



Blair Community Schools Arbor Park Intermediate School

January
2021

Fresh Vegetables and Seasonal Fruit Provided Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ChooseMyPlate.gov</p>				<p>1 Winter Break!</p>
<p>4 No School!</p>	<p>5 Crispy Chicken Sandwich Golden French Fries</p> <p>Ham Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Red Delicious Apple Baby Carrots</p>	<p>6 Pasta with Meat Sauce Garlic Toast</p> <p>Chef Salad</p> <p>WOW Butter & Cheesestick</p> <p>Applesauce Peas</p>	<p>7 Chicken Tacos Salsa</p> <p>Turkey Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Golden Delicious Apple Broccoli Florets</p>	<p>8 Beef Hotdog on a Bun Tator Tots</p> <p>Pizza Munchable</p> <p>WOW Butter & Cheesestick</p> <p>Orange Halves Corn</p>
<p>11 Popcorn Chicken Bowl Garlic Breadstick</p> <p>Turkey Munchable</p> <p>WOW Butter & Cheesestick</p> <p>Gala Apple Corn</p>	<p>12 Beefy Nachos w/Homemade Cheese Sauce</p> <p>Ham Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Fresh Pineapple Cucumber Slices</p>	<p>13 Grilled Cheese Sandwich Tomato Soup</p> <p>Crispy Chicken Salad</p> <p>WOW Butter & Cheesestick</p> <p>Diced Peaches Baked Beans</p>	<p>14 Crispy Chicken Tenders Golden French Fries Whole Grain Dinner Roll</p> <p>Turkey Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Granny Smith Apple Baby Carrots</p>	<p>15 Pizza Dippers Marinara Sauce</p> <p>Munchable Yogurt Pretzel Pak</p> <p>WOW Butter & Cheesestick</p> <p>Banana Lettuce Romaine Mix</p>
<p>18 Cheeseburger on Bun Tator Tots</p> <p>Chicken Taco Salad</p> <p>WOW Butter & Cheesestick</p> <p>Red Delicious Apple Baked Beans</p>	<p>19 Macaroni & Cheese Garlic Toast</p> <p>Ham Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Orange Halves Green Pepper Slices</p>	<p>20 Chicken and Cheese Quesadilla Spanish Rice</p> <p>Munchable Crispy Ck Wrap</p> <p>WOW Butter & Cheesestick</p> <p>Diced Pears Tomato Slices</p>	<p>21 Crispy Chicken Nuggets Golden French Fries Whole Grain Dinner Roll</p> <p>Turkey Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Golden Delicious Apple Corn</p>	<p>22 No School</p>
<p>25 Corn Dog Golden French Fries</p> <p>Yogurt Pak with Bagel</p> <p>WOW Butter & Cheesestick</p> <p>Fuji Apple Corn</p>	<p>26 Pancakes Sausage Patty Cheese Stick</p> <p>Ham Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Cantaloupe Baby Carrots</p>	<p>27 Grilled Ham & Cheese Sandwich Chicken Noodle Soup</p> <p>Chef Salad</p> <p>WOW Butter & Cheesestick</p> <p>Mixed Fruit Cucumber Slices</p>	<p>28 Cheese Pizza</p> <p>Turkey Deli Sub Sandwich</p> <p>WOW Butter & Cheesestick</p> <p>Granny Smith Apple Lettuce Romaine Mix</p>	<p>29 BBQ Rib Sandwich Golden French Fries</p> <p>Pizza Munchable</p> <p>WOW Butter & Cheesestick</p> <p>Banana Baked Beans</p>

PRICES

PK-12 Breakfast	\$0.00
PK-12 Lunch	\$0.00
Adult Breakfast	\$2.40
Adult Lunch	\$3.85
Milk	\$0.55

EXTRA INFO

Milk choice of low fat white, strawberry or chocolate.
Dinner rolls included with salads.
Special diet options available upon request.
For questions or comments contact the Food Service Director at 402-427-2960.

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



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