

JANUARY




Vandalia High School MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
	NO SCHOOL CHRISTMAS VACATION	NO SCHOOL TEACHER'S INSTITUTE	Muffin/Cereal, Juice, Orange, Milk Chicken Tenders or Beef Roast Mashed Potatoes Green Beans Tossed Salad Peach Slices Sliced Bread / Milk	French Toast, Juice, Applesauce Cup, Milk Cheeseburger or Fish Fillet on Bun Oven Fries Sliced Tomato, Lettuce, Onion Tossed Salad Mandarin Oranges Milk
Poptart/Cereal, Juice, Apple, Milk Rst.Pork Loin or Chicken Tenders Baby Baked Potatoes Green Beans Tossed Salad Peach Half Sliced Bread / Milk	Pancakes, Juice, Orange, Milk Hot Dog on Bun or Burrito Nachos w/Cheese Baked Beans Tossed Salad Mixed Fruit Milk	Cereal/Toast, Juice, Banana, Milk Cheese Pizza or Chicken Quesadilla Combination Salad Corn Fresh Clementines Chocolate Chip Granola Bar Milk	Sausage Biscuit, Juice, Grapes, Milk Deli Turkey Breast or BBQ Rib on Bun / Seasoned Fries Sliced Tomato & Lettuce Tossed Salad Cherry Tomatoes Sliced Pears / Milk	Cereal/Toast, Juice, Applesauce Cup, Milk Orange Chicken Stir Fry or Swedish Meatballs / Spinach Salad Glazed Carrots Fresh Grapes Fortune Cookie Cheese Breadstick / Milk
15	16	17	18	19
NO SCHOOL MARTIN LUTHER KING'S BIRTHDAY	Chicken Tenders or Pork Tenderloin Mashed Potatoes Green Beans Tossed Salaad Fruit Salad Sliced Bread / Milk	Flapstix, Juice, Banana, Milk Taco in a Bag or Burrito Corn / Lettuce / Tomatoes / Salsa Cheese/Refried Beans/Jalepeno Peppers Pineapple Tidbits Cinnamon Crisps Milk	Cereal/Toast, Juice, Blueberries, Milk Chili or Cream of Potato Soup Peanut Butter Sandwich Carrot & Celery Sticks Tossed Salad / Applesauce / Milk *An alternate sandwich will be offered to students with peanut allergies.	Waffles, Juice, Applesauce Cup, Milk Mostacolli or Cheese Tortellini Caesar Salad Seasoned Peas Pear Half Cheese Breadstick Milk
22	23	24	25	26
Muffin/Cereal, Juice, Apple, Milk Pulled Pork on Bun or Chicken Tenders / Sliced Bread Oven Brown Potatoes Tossed Salad Cherry Tomatoes Sliced Pears / Milk	Breakfast Burrito, Juice, Orange, Milk Hot Dog on Bun or Burrito Nachos w/Cheese Baked Beans Tossed Salad Mixed Fruit Milk	Cereal/Toast, Juice, Banana, Milk Pepperoni Pizza or Beef Stew Combination Salad Corn Strawberry Shortcake Milk	Cheese Omelet/Toast, Juice, Grapes, Milk Boneless Chicken Wings or Meatballs Potato Salad Catalina Sytle Vegetables Tossed Salad Fresh Grapes Sliced Bread / Milk	PB&J Sand., Juice, Applesauce Cup, Milk NO LUNCH 1/2 DAY INSERVICE
29	30	31	(Feb.1)	2
Poptart/Cereal, Juice, Apple, Milk Chicken Tenders or Beef & Noodles Mashed Potatoes Green Beans Tossed Salad Peach Slices Sliced Bread / Milk	Pancakes, Juice, Orange, Milk Nachos Supreme or Chicken Fajitta Corn / Lettuce / Tomatoes / Salsa Refired Beans/Cheese/Jalepeno Peppers Pineapple Tidbits Cupcake Milk	Cereal/Toast, Juice, Banana, Milk BBQ Rib or Deli Turkey Breast on Bun / Seasoned Potato Wedges Sliced Tomato & Lettuce Tossed Salad Steamed Broccoli Mandarin Oranges / Milk	Sausage Biscuit, Juice, Blueberries, Milk (Feb.1) Cheeseburger or Pork Tenderloin on Bun / Oven Fries Sliced Tomato, Lettuce, Onion Tossed Salad Fruit Salad Milk	"Pre" Super Bowl Party Boneless Chicken Wings / Potato Salad Carrots, Celery, Broccoli, Cauliflower / Dip Tossed Salad / Apple Slices / Muffin *(Appetizers - Mini Corn Dogs, Meatballs, Jalepeno Poppers) / Chips & Salsa / Milk