

# St. John Regional School

## January 2017

### PRICES

⇒ Lunch: \$2.75      Reduced: \$0.40

⇒ Ticket Strip Price: \$13.75

### \* Monday

**2**

***Happy  
New Year!***

### \* Tuesday

**3**

French Toast Sticks  
w/ Sausage  
**OR**  
Yogurt/Bagel Meal  
Hash Brown Potatoes  
Baby Carrots  
Applesauce or Fresh Fruit

### \* Wednesday

**4**

Popcorn Chicken  
w/Soft Pretzel  
**OR**  
Sunbutter & Jelly on WG Bread  
Sweet Potato Bites  
Celery Sticks  
Sliced Peaches or Fresh Fruit

### \* Thursday

**5**

Taco Boat  
w/Lettuce, Tomato, Cheese  
**OR**  
Yogurt/Bagel Meal  
w/Cucumber Slices  
Refried Beans  
Pineapple Chunks or Fresh Fruit

### \* Friday

**6**

French Bread Pizza  
**OR**  
Sunbutter & Jelly on WG Bread  
Caesar Salad  
Crunchy Veggie Choice w/Dip  
Mandarins or Fresh Fruit

**9**

Cheeseburger on WG Roll  
Lettuce, Tomato, Pickles  
**OR**  
Sunbutter & Jelly on WG Bread  
w/Celery Sticks  
French Fries  
Fruit Cocktail or Fresh Fruit

**10**

Chicken Fajitas  
w/Lettuce, Tomato, Cheese  
**OR**  
Yogurt/Bagel Meal  
w/Cucumber Slices  
Red Beans  
Diced Pears or Fresh Fruit

**11**

Pasta &  
Meatballs  
w/Garlic Bread  
**OR**  
Sunbutter & Jelly on WG Bread  
w/Carrot Sticks  
Tossed Salad  
Sliced Peaches or Fresh Fruit

**12**

Turkey & Gravy  
On a WG Biscuit  
**OR**  
Yogurt/Bagel Meal  
Steamed Carrots  
Crisp Green Peppers  
Cranberry Sauce or Fresh Fruit

**13**

Gill's Fresh Pizza  
**OR**  
Sunbutter & Jelly on WG Bread  
Green Beans  
Crunchy Veggie Choice w/Dip  
Applesauce or Fresh Fruit

**16**      **No School**  
**Martin Luther King Day**

A variety of milk is  
available daily:  
1% white, fat free white, fat free  
chocolate, fat free strawberry

**17**

Chicken Nuggets  
WG Breadstick  
**OR**  
Yogurt/Bagel Meal  
Green Beans  
Veggie Sticks  
Fruit Cocktail or Fresh Fruit

**18**

Hot Dog on WG Bun  
**OR**  
Sunbutter & Jelly on WG Bread  
Baked Beans  
Cucumber Slices  
Sliced Peaches or Fresh Fruit

**19**

Roasted Chicken  
w/WG Rice  
**OR**  
Yogurt/Bagel Meal  
Steamed Broccoli  
Celery Sticks  
Diced Pears or Fresh Fruit

**20**

Sal's Fresh Pizza  
**OR**  
Sunbutter & Jelly on WG Bread  
Corn  
Baby Carrots  
Mandarins or Fresh Fruit

**23**

Cheese Omelet  
w/Graham Crackers  
**OR**  
Sunbutter & Jelly on WG Bread  
Potato Pancakes  
Baby Carrots  
Applesauce or Fresh Fruit

**24**

Chicken Tenders  
w/Seasoned Rice  
**OR**  
Yogurt/Bagel Meal  
Green Beans  
Cucumber Slices  
Pineapple Chunks or Fresh Fruit

**25**

Hot Ham & Cheese Croissant  
**OR**  
Sunbutter & Jelly on WG Bread  
Sweet Potato Lattice Fries  
Kale Chips  
Mandarins or Fresh Fruit

**26**

Bag O' Taco  
w/Lettuce, Tomato, Cheese  
**OR**  
Yogurt/Bagel Meal  
w/Celery Sticks  
Refried Beans  
Diced Pears or Fresh Fruit

**27**

Gill's Fresh Pizza  
**OR**  
Sunbutter & Jelly on WG Bread  
Steamed Carrots  
Crunchy Veggie Choice w/Dip  
Applesauce or Fresh Fruit

\*\*\* Menu is subject to change without notice \*\*\*

- ◆ Please send payment to the school with your student or mail payment to the Food Service office at 38 Liberty Street
- ◆ Use the website [www.lunchprepay.com](http://www.lunchprepay.com) to make online payments
- ◆ [www.lunchapplication.com](http://www.lunchapplication.com) to apply electronically for the Free and Reduced Meals Program
- ◆ Call 225-0823 with any questions or concerns

USDA is an equal opportunity provider and employer.

### January Lunch Partners

Gill's Pizza

Sal's Pizza

M Saunders Fruit Co.

