

JANUARY 2020

East Union Community School District

• Indicates milk free items
 * Indicates gluten free items
 Gluten free & Milk free items available with signed diet modification forms Request via email or person must be received before 10 am the morning of

Monday
Tuesday
Wednesday
Thursday
Friday

Brat*• or
 Mac & Cheese
 Baked Beans*•
 Cucumbers*•
 Applesauce*• &/or Banana*•
 Bun• or Chips*

Bacon & Egg*• or
 Sausage Gravy
 Broccoli*, Hash Browns*•
 Grapes*• &/or
 Strawberries*•
 Biscuit
 GF or Milk free bun upon request

Bosco Sticks or
 Pizza Crunchers
 Carrots*•, Peas*•,
 Mandarin Oranges*• &/or
 Pear
 GF Pizza upon request

Hot Dog*• or
 Rib Patty*•
 Green Beans*•
 Orange*• &/or Peaches
 Bun• or Crackers

Pepperoni French bread
 Cucumbers*•,
 Baby Carrots*•,
 Pineapple*• &/or
 Mandarin Oranges*•
 Marinara*•
 GF Pizza or Milk free PBJ upon request

Chicken Nuggets•
 Corn*,
 Pumpkin Custard*
 Orange &/or Peaches
 Chips*

No School

Ham & Egg Bake*
 Sausage Links*• w/egg*
 Steamed Broccoli*
 Hash Browns*•
 Grapes*• &/or
 Strawberries*•
 Pancakes or Biscuit
 GF & Milk free pancakes upon request

Crispito or PB&J•
 Cucumbers*•,
 Refried Beans*•
 Pineapple*•, &/or
 Baked Apples•
 Salsa*•
 GF corn dog upon request

Beef & Noodles or
 Chicken drumstick
 Green Beans*•,
 Mashed Potatoes*, Orange
 or Applesauce*•
 Roll
 gf Chicken Strip upon request

Breaded Chicken Patty
 Corn*,
 Cooked Carrots*•
 Pears*• &/or Slushie*•
 Bun• or Chips*
 GF Pizza or milk free PBJ upon request

BBQ Pulled Pork*• or
 Sloppy Joe*•
 Corn*, Coleslaw*•
 Banana*•, Strawberries*•
 Bun•
 GF Bun upon request

Ham & Cheese Sliders
 or French Toast Sticks
 Steamed Broccoli*
 Hash Browns*•
 Slushie*• &/or Grapes*•
 GF chicken Chunks upon request

Taco Soup*• or
 Pepperoni Pizza
 Lettuce*•, Refried Beans*•
 Apple Slices*• &/or
 Peaches*•
 Churro & Doritos*

Country Style Pork• or
 Beef Steak•
 Green Beans*•
 Mashed Potatoes*
 Pear*• &/or Pineapple*•
 Bun• or Roll
 GF Chicken Chunks upon request

Hamburger Patty*•
 Peas*•
 Cooked Carrots*•
 Orange*•
 &/or Mixed Fruit*•
 Bun• or Chips*
 GF Pizza upon request

Smothered Chicken or
 Chicken Tenders•
 Peas*•
 Carrots*•
 Banana*• &/or Peaches*•
 Savory Brown Rice*•
 GF Chicken Chunks upon request

Corndog or
 Fish Sticks• w/cornbread
 Baked Beans*•
 Coleslaw*•
 Orange*• &/or
 Strawberries*•
 GF corndog upon request

Cheesy Garlic Bread or
 Toasty Cheesy Sandwich
 Sunbutter*•
 Lettuce*•, Tomato Soup
 Grapes*• &/or Pears*•,
 Crackers
 GF Toasted cheese or Milk free PBJ upon request

Meatloaf*•
 Ham & Potato Casserole*
 Green Beans*•
 Mashed Potatoes*
 Apple Slices*• &/or Mixed
 Fruit*•, Roll(s)
 GF Chicken strip upon request

Rib Patty*•
 Corn*•,
 Steamed Broccoli*,
 Pear*• &/or Slushie*•
 Bun• or Chips*
 GF bun upon request

Chef Salad Toppings*, Yogurt Parfait, Cottage Cheese*, and Snack box offered at most meals as an alternative to the daily main entree.

Veggie bar*• available daily to 2nd -12th grades

1% white, 1% chocolate, & skim strawberry milk* offered at each meal

This institution is an Equal Opportunity Provider

JANUARY 2020

EAST UNION COMMUNITY SCHOOL DISTRICT

Monday
Tuesday
Wednesday
Thursday
Friday

 HAPPY
NEW
YEAR

1

 COOK'S
CHOICE

2

 COOK'S
CHOICE

3

 FRENCH TOAST
STICKS

6

 CHOCOLATE
MUFFIN

7

 BACON &
SCRAMBLED EGG
BREAKFAST PIZZA

8

UNCRUSTABLE•

9

 COOK'S
CHOICE

10

NO SCHOOL

13

COMBO BAR

14

 CHICKEN & WAFFLE
CHUNKS

15

UNCRUSTABLE•

16

 COOK'S
CHOICE

17

MINI MUFFINS

20

 BREAKFAST
BITES

21

 BREAKFAST
PIZZA

22

UNCRUSTABLE•

23

 COOK'S
CHOICE

24

 SAUSAGE PATTY
WAFFLE
FLATBREAD

27

PANCAKES

28

MINI DONUTS

29

UNCRUSTABLE•

30

 COOK'S
CHOICE

31

1% White*, 1% Chocolate*, & Skim Strawberry Milk* available at each meal

In addition to the daily main entrée there is also:

 Cereal[✓], String cheese*, Egg*[✓], Overnight Oats, Sunflower Seeds*[✓], Crackers, Granola[✓], and Poptart[✓] of which to choose
And Fruit and Fruit Juice

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JANUARY 2020

Afternoon Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

1

Happy
New Year

2

Snow
Peas

3

Strawberries

6

Golden
Delicious
Apple

7

Baby
Carrots

8

½ Grapefruit

9

Green
Pepper
Sticks

10

Papaya
Slices

13

No School

14

Broccoli
Spears

15

Kiwi

16

Jicama
Sticks

17

Grapes

20

Gala
Apple

21

Baby Carrots

22

Clementine

23

Grape
Tomato

24

Mango
Chunks

27

Braeburn
Apple

28

Broccoli
Spears

29

Orange

30

Beet
Slices

31

Pineapple
Chunks

This institution is an equal opportunity provider

JANUARY 2020

A.S.P.I.R.E.

Monday

Tuesday

Wednesday

Thursday

Friday

1

HAPPY
NEW
YEAR

2

SUNFLOWER SEEDS
JUICE

3

UBR
MILK

6

COTTAGE CHEESE
JUICE

7

CRACKERS
JUICE

8

CEREAL
MILK

9

CHOCOLATE MUFFIN
MILK

10

CHIPS
JUICE

13

NO SCHOOL

14

STRING CHEESE
JUICE

15

PB&J
MILK

16

CHIPS
JUICE

17

RICE KRISPIE TREAT
MILK

20

CRACKERS
JUICE

21

APPLE
MILK

22

CHIPS
JUICE

23

POPTART
MILK

24

YOGURT
JUICE

27

CELERY
SUNBUTTER
MILK

28

CRACKERS
JUICE

29

HARD BOILED EGG
MILK

30

CHIPS
JUICE

31

CRACKERS
MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER