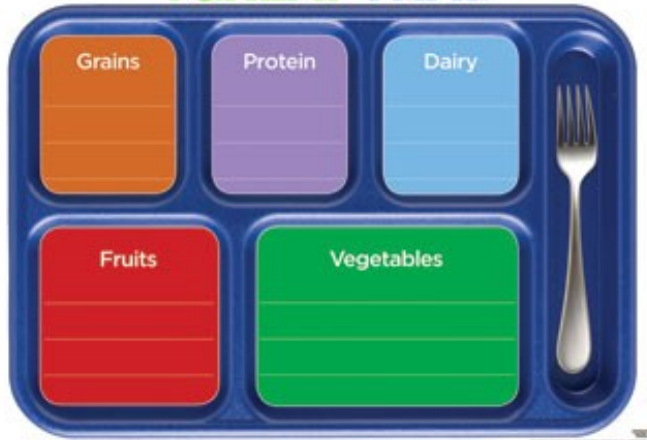


1 GREAT TRAY



got milk?

Fat free chocolate, fat free white and lowfat white available daily

Strawberry on Thursdays

Online Payment Available

- ◆ Go to your school website
- ◆ Find "Parents/Students" on the menu bar at the very top of the page
- ◆ Click "Online Payments"


This institution is an equal opportunity provider.

Free lunch applications are accepted at any time during the school year. Forms are available on the District website under "Printable Forms" or by calling the Central Kitchen at 262-363-6200 ext 25602.

January 2018



Mukwonago Elementaries

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>Happy New Year</p> <p>NO SCHOOL</p>	<p>2</p> <p>Chicken Nuggets OR Roast Turkey in Gravy</p> <p>Mashed Potatoes Light Gravy Homemade Dinner Roll Green Beans Raw Veggies w/ Dip Diced Peaches Pineapple Tidbits</p>	<p>3</p> <p>Tony's Cheese Pizza Slice OR Italian Dunkers w/ Meat Sauce (soft breadsticks)</p> <p>Cooked Carrots Raw Veggies w/ Dip Fresh Fruit in Season Box of Raisins Mini Rice Krispie Treat</p>	<p>4</p> <p>Mozzarella MaxStix w/ Dipping Sauce OR Super Saucy Italian Chicken Pasta</p> <p>Steamed Broccoli Mini Salad Bar Fresh Fruit in Season Mandarin Oranges Bag of Munchies Mix</p>	<p>5</p> <p>Oscar Mayer Hot Dog on Bun OR Hamburger on Bun (cheese optional)</p> <p>Potato Triangle Bush's Baked Beans Raw Veggies w/ Dip Chilled Applesauce Strawberry Cup</p>
<p>8</p> <p>Chicken Nuggets OR Fish Nuggets</p> <p>Mashed Potatoes Light Gravy Soft Dinner Roll Broccoli w/ Cheese Raw Veggies w/ Dip Pineapple Tidbits Chilled Applesauce</p>	<p>9</p> <p>SUPER NACHOS OR Breaded Chicken Patty on Bun</p> <p>Fluffy Rice Steamed Cauliflower Fiesta Black Beans Fresh Veggie Toppings Fresh Fruit in Season Fruit Juice Box</p>	<p>10</p> <p>Gilardi Stuffed-Crust Cheese Pizza w/ Dipping Sauce OR Spaghetti w/ Meat Sauce</p> <p>Texas Toast Wisconsin Veggies Mini Salad Bar Fresh Fruit in Season Jonny Pop</p>	<p>11</p> <p>Hamburger on Bun (cheese optional) OR Turkey Sub</p> <p>Crinkle-Cut Fries Whole Kernel Corn Bush's Baked Beans Diced Peaches Pineapple Tidbits M&M Cookie Bar</p>	<p>12</p> <p>Mini Corn Dogs OR Cheezy Garlic Flatbread w/ Marinara Sauce</p> <p>Bag of Doritos Cooked Carrots Raw Veggies w/ Dip Mandarin Oranges Pear Chunks</p>
<p>15</p> <p>Cinnamon French Toast Sticks w/ Yogurt Cup OR Cinnamon French Toast Sticks w/ Baked Ham Slice</p> <p>Hash Brown Potato Raw Veggies w/ Dip Diced Peaches Fruit Juice Box</p>	<p>16</p> <p>NO LUNCH EARLY DISMISSAL</p> 	<p>17</p>  <p>NO SCHOOL</p>	<p>18</p> <p>Super Cheezy French Bread w/ Dipping Sauce OR Teriyaki Chicken w/ Fluffy Rice</p> <p>Stir-fry Veggies Mini Salad Bar Fresh Fruit in Season Chilled Applesauce Chocolate Chip Cookie</p>	<p>19</p> <p>Tony's Pepperoni Pizza Slice OR Baked Potato Bar w/ Ham & Cheese</p> <p>Soft Breadstick Steamed Broccoli Chili Beans Raw Veggies w/ Dip Pear Chunks Mandarin Oranges</p>

ONE MEGA DRINK



January 2018

got milk?

Mukwonago
Elementaries

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>Chicken Nuggets OR Salisbury Steak</p> <p>Mashed Potatoes Light Gravy Cornbread Square Steamed Broccoli Raw Veggies w/ Dip Fresh Fruit in Season Chilled Applesauce</p>	<p>23</p> <p>Soft Taco (on loco bread) OR Breaded Chicken Patty on Bun</p> <p>Bag of Tostitos w/ Salsa Wisconsin Veggies Zesty Refried Beans Diced Peaches Fruit Juice Box M&M Cookie</p>	<p>DRINK MILK! 24</p> <p>Tony's Cheese Pizza Slice OR Italian Dunkers w/ Meat Sauce (soft breadsticks)</p> <p>Peas & Carrots Mini Salad Bar Pear Chunks Fruit Juice Box Scooby Doo Fruit Snacks Superhero Sticker</p>	<p>25</p> <p>Mozzarella MaxStix w/ Dipping Sauce OR Hamburger on Bun (cheese optional)</p> <p>Bag of Cheetos Green Beans Mini Salad Bar Fresh Fruit in Season Pineapple Tidbits</p>	<p>26</p> <p>Mini Corn Dogs OR Mexican Fiestada</p> <p>Potato Smiles Bush's Baked Beans Raw Veggies w/ Dip Mandarin Oranges Hot Cinnamon Apples</p>
<p>29</p> <p>Chicken Nuggets OR Fish Nuggets</p> <p>Mashed Potatoes Light Gravy Soft Dinner Roll California Veggies Raw Veggies w/ Dip Pear Chunks Chilled Applesauce</p>	<p>30</p> <p>SUPER NACHOS OR Breaded Chicken Patty on Bun</p> <p>Fluffy Rice Whole Kernel Corn Fiesta Black Beans Fresh Veggie Toppings Diced Peaches Pineapple Tidbits</p>	<p>31</p> <p>Oscar Mayer Hot Dog on Bun OR Hamburger on Bun (cheese optional)</p> <p>Crispy Tater Tots Bush's Baked Beans Raw Veggies w/ Dip Fresh Fruit in Season Jonny Pop</p>	<p>1</p> <p>Lunch-a-round Cheese Pizza OR Teriyaki Chicken w/ Noodles</p> <p>Steamed Broccoli Raw Veggies w/ Dip Fresh Fruit in Season Chilled Applesauce Chocolate Chip Bar</p>	<p>PACKER DAY 2</p> <p>Touchdown Toasted Cheese Sandwich OR Super Bowl Sub Sandwich</p> <p>Tomato Soup Goldfish Crackers Green Beans Mini Salad Bar Pear Chunks Mandarin Oranges Cedar Crest Ice Cream Cup</p>

No, really.

Doing it all is easy when you can get nine essential nutrients that your body needs from each glass of milk:

- **LOOK SHARP**—vitamin A contributes to healthy eyes & skin
- **WINNING SMILE**—calcium & vitamin D help build strong teeth
- **MUSCLE POWER**—protein & exercise work to build & maintain muscle
- **GET ENERGIZED**—B vitamins help cells produce energy
- **SUPER STRONG BONES**—calcium, vitamin D & phosphorus help build strong bones
- **BALANCE YOUR BODY**—potassium helps keep fluids in balance after exercise

DRINK UP!



Proud to be a Cheesehead!

Help us celebrate Wisconsin and the Packers on Friday, February 2 with a homemade toasted cheese sandwich or submarine (also with cheese!)

Finish your lunch with a cool, creamy cup of delicious Cedar Crest ice cream—**YUM!**

