

# JANUARY 2019

## SPENCER-VAN ETTEN

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**1**  
HAPPY NEW YEARS!  
IF YOUR FINANCIAL SITUATION CHANGED RECENTLY YOU MAY BE ELIGIBLE FOR FREE OR REDUCED MEALS CHECK OUR WEB SITE SVECS.D.ORG

**2**  
CHICKEN PATTY SERVED ON A WHOLE WHEAT ROLL  
LETTUCE TOMATO MAYONAISE AVAILALE FRENCH FRIES  
DILL PICKLE SLICES LETTUCE  
STEAMED GREEN BEANS

**3**  
PASTA AND SAUCE BUTTERED STEAMED BROCCOLI  
WHOLE WHEAT DINNER ROLL  
MARGARINE  
CANNED FRUIT IN EXTRA LITE SYRUP

**4**  
CHEESE PIZZA ON HOMEMADE CRUST  
STEAMED SPINACH  
FIELD GREENS  
RANCH DRESING  
SELECTION OF FRESH FRUIT

**7**  
TOASTED GRILLED CHEESE ON WHOLE WHEAT BREAD  
CAMPBELLS TOMATO SOUP  
DILL PICKLE SLICES  
FIELD GREEN  
ITALIAN DRESSING

**8**  
DELI SLICED TURKEY BREAST SERVED ON A WHOLE WHEAT ROLL  
LETTUCE,TOMATO AND CHEESE.CONDIMENTS: MAYONAISE,OR MUSTARD  
DILL PICKLE SLICES  
SNACK BAG SURPRISE

**9**  
MOMS MEATLOAF SEASONED GROUND BEEF  
MASHED POTATOES BROWN GRAVY  
SEASONED CORN MIXED CANNED FRUIT IN EXTRA LITE SYRUP  
WHEAT DINNER ROLL

**10**  
CREAMED CHICKEN BREAST MEAT AND GRAVY  
SERVED OVER STEAMED RICE  
STEAMED SEASONED GREEN BEANS  
BREAD AND BUTTER

**11**  
HOT DOG SERVED ON A WHOLE WHEAT ROLL,RELISH  
MUSTARD,KETCHUP,DILL PICKLE SLICES, DICED RED ONIONS/HS MS ONLY  
FRENCH FRIES, APPLE SAUCE

**14**  
PASTA AND SAUCE STEAMED SEASONED GREEN BEANS  
WHOLE WHEAT DINNER ROLL  
MARGARINE  
CANNED FRUIT IN EXTRA LITE SYRUP

**15**  
TACO TUESDAY CRISPY CORN SHELL  
SEASONED CHICKEN MEAT  
LETTUCE,TOMATO SOUR CREAM  
MEXICAN BEANS  
SEASONED CORN

**16**  
BAKED SEASONED CHICKEN  
SEASONED CORN MASHED POTATOES  
GRAVY  
HOMEMADE OAT BRAN BREAD  
MARGARINE

**17**  
SHEPHERD'S PIE  
SEASONED GROUND BEEF  
LAYERED WITH MASHED POTATOES AND CORN  
WHOLE WHEAT ROLL  
MARGARINE  
FRUITED JELL-O

**18**  
CHEESE PIZZA ON HOMEMADE CRUST  
CHEFS CHOICE OF VEGETABLES  
MIXED FIELD GREENS  
RANCH SALAD DRESSING

**21**  
NO SCHOOL MARTIN LUTHER KING JR DAY  
AMERICAN BAPTIST MINISTER AND ACTIVIST WHO WAS A LEADER IN THE AFRICAN-AMERICAN CIVIL RIGHTS MOVEMENT

**22**  
CHICKEN FAJITA CHICKEN AND BEANS SERVED IN A FLOUR TORTILLA  
SOUR CREAM,LETTUCE,SALSA  
SEASONED CORN  
FRESH FRUIT SELECTIONS

**23**  
MEAT BALL SUBS SERVED ON A WHOLE WHEAT ROLL  
PASTA MARINARA SAUTE SPINACH WITH GARLIC AND OLIVE OIL  
APPLE SAUCE CUPS

**24**  
BRUNCH LUNCH SCRAMBLED EGGS  
FRENCH TOAST STICKS  
SAUSAGE PATTY  
TATER TOTS  
MAPLE FLAVORED SYRUP  
STRAWBERRY CUPS

**25**  
HAMBURGERS SERVED ON A WHOLE WHEAT ROLL  
CHEESE,LETTUCE, TOMATO  
RED ONION SLICES  
HS/MS ONLY  
KETCHUP,MUSTARD  
MAYONAISE PICKLES  
FRIES, GREEN BEANS

**28**  
NO SCHOOL TEACHERS AND STAFF  
CONFERENCE DAY  
COMMENTS SUGGESTIONS  
JERRY CARR DIRECTOR  
FOOD SERVICES  
607-589-7150

**29**  
CHICKEN PATTY SERVED ON A WHOLE WHEAT ROLL  
LETTUCE,TOMATO MAYONAISE AVAILALE  
FRENCH FRIES  
DILL PICKLE SLICES  
STEAMED GREEN BEANS

**30**  
CREAMED CHICKEN BREAST MEAT AND GRAVY  
SERVED OVER RICE  
STEAMED GREEN BEANS  
BREAD AND BUTTER

**31**  
PASTA AND MEAT SAUCE  
SEASONED GROUND BEEF IN A TOMATO SAUCE  
GARLIC PIZZA WEDGE  
FIELD GREENS WITH RANCH DRESING  
STEAMED BROCCOLI

DID YOU KNOW...  
January's gem is garnet which represents constancy.

**A La Carte**  
PB & JELLY  
FRESH SIDE SALADS  
VARIETY OF CONDIMENTS  
FRESH FRUIT SELECTIONS  
CANNED FRUIT IN EXTRA LITE SYRUP  
100% WHOLE GRAIN ENRICHED BREAD AND ROLLS  
100% FRUIT JUICE  
TUES/THURS ELEM & MIDDLE SCHOOL, HIGH SCHOOL EVERY DAY  
SKIM AND FAT FREE CHOC MILK AVAILABLE EVERY DAY:ASSORT COLD CEREALS,GRANOLA BARS,GRAHAM CRACKERS, HIGH SCHOOL COMPLETE SALAD BAR  
EVERY DAY UNLESS NOTED

**School News**  
BREAKFAST:  
MON-BREAKFAST SANDWICH  
TUE:PANCAKE ON A STICK  
WED:FRENCH TOAST AND SAUSAGE  
THUR-BREAKFAST PIZZA  
FRIDAY-BAGELS & CREAM CHEESE  
PRICING:  
BREAKFAST \$1.35  
LUNCH ELEM \$2.40  
MS/HS \$2.65  
ADULTS \$4.50