



Blessed Sacrament Bulldog Café January 2019
Lunches are Prepared for Pre- K through 8th Grade



Monday	Tuesday	Wednesday	Thursday	Friday	Alternate Choices
	1-Jan	2-Jan	3-Jan	4-Jan	
	NO SCHOOL	Chicken Nuggets green beans french fries Fruit	Grilled Chicken broccoli buttered noodles Fruit	Chicken Fajitas lettuce, cheese corn rice Fruit	#1 Chicken Nuggets vegetable fruit milk
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	#2 Chef Salad
Pizza Dunkers w/sauce green beans Fruit	Scrambled Egg Burrito sausage crumble hash brown juice Fruit	Pasta with meatballs salad breadstick Fruit	Ham & Cheese Pretzel carrots & peas potato wedges Fruit	Chicken Tender Wrap lettuce, cheese corn fried potatoes Fruit	lettuce, cheese, ham eggs, vegetable fruit, crackers milk
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	
Hot Dog on a bun tator tots baked beans carrots & celery Fruit	Popcorn Chicken Bowl corn gravy mashed potatoes Fruit	Pulled Pork on a bun green beans french fries Fruit	Cheese Pizza salad carrots & celery cookie Fruit	NO SCHOOL	
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	
NO SCHOOL	Hamburger on a bun green beans tator tots Fruit	General Tso Chicken carrots & peas rice Fruit	Walking Tacos lettuce, cheese corn refried beans Fruit	Chicken Patty on a bun broccoli w/cheese potato wedges Fruit	Must choose 3 items to make it a meal & 1 must be a fruit or veggie
28-Jan	29-Jan	30-Jan	31-Jan		
Chicken Quesadilla corn rice Fruit	Meatball Sub peas tator tots Fruit	Ground Beef & Gravy green beans mashed potatoes dinner roll Fruit	Scrambled Eggs sausage patty cereal juice Fruit		milk choices include 1% white fat free chocolate fat free strawberry
Any questions or concerns, contact Barb Pronko at 454-0171 or email bpronko@bserie.org					
milk is included with the lunch- juice can not be substituted.					
					lunch-\$2.75 reduced-\$1.40 free-free
					Menu Subject to Change
					A selected fruit: canned, fresh, or 4oz juice is offered daily