

**ALLERGENS**  
**CARB COUNTS**

**SIoux CITY COMMUNITY SCHOOL DISTRICT**

January

grade 6 - 8

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jan <b>NO SCHOOL</b>	2 <b>2019</b>	<b>Welcome back</b> 3 6 Beef dippers <b>S-W-V</b> 6 Corn <b>CNA</b> 13 Biscuit M-W 7 jelly <b>CNA</b> 16 Pineapple tidbits <b>CNA</b> 18 Black bean salsa 19 chips <b>CNA</b> *Milk	4 34 <i>Pep Pizza</i> <b>M-W-S-NITRATES-BEEF</b> 3 Dinner salad/ 12 tomatoes <b>CNA</b> 18 Peaches <b>CNA</b> 18 Cookie <b>S-M-E-W</b> *Milk
7 27 Cherry chicken stir fry <b>W-E-V</b> 30 Fried Rice <b>S-W-SM</b> 16 Bread <b>W</b> and 0 margarine <b>S</b> 3 Dinner salad 4 Carrots <b>CNA</b> 14 Applesauce <b>CNA</b> *Milk	8 30 Beef & Cheese taco <b>W-S-M</b> 2 Salsa <b>V</b> 24 Refried Beans <b>CNA</b> 3 Tossed salad <b>CNA</b> **dressing 11 Fresh sliced oranges <b>CNA</b> *Milk	9 12 Chicken noodle soup <b>M-E-W</b> 5 Broc / cauliflower <b>CNA</b> **dip 16 Pretzel Gold fish crackers <b>M-W</b> 42 W. G. Cinnamon roll <b>W-M-E-S</b> 20 Fruit cocktail <b>CNA</b> (peach,pear,pineapp) *Milk	10 4 Salisbury Steak w glaze <b>S-W-M-V</b> 17 Mashed potatoes <b>CNA</b> 1 gravy <b>W</b> 4 Baby carrots <b>CNA</b> **dip 20 Dinner roll <b>W-S-V</b> 0 marg <b>S</b> 19 Apricots <b>CNA</b> *Milk	11 1 hot dog <b>P &amp; beef</b> 31 Bun <b>W</b> 6 chili topping <b>CNA</b> 1 cheese <b>M</b> 11 Lattice Fries <b>CNA</b> 0 Pickle Spear <b>V</b> 14 Applesauce <b>CNA</b> *Milk
14 30 Corn dog <b>W-M-E-S</b> 24 Baked beans <b>CNA</b> 4 Baby carrots <b>CNA</b> **dip 19 Pears <b>CNA</b> *Milk	15 <b>NO SCHOOL</b> <b>Teacher work shop</b>	16 27 Sweet roll <b>S-W-E-M</b> 5 meat - <b>BEEF</b> 3 lettuce <b>CNA</b> 1 cheese <b>M</b> 18 Black bean salsa 19 chips <b>CNA</b> 4 Celery stick <b>CNA</b> 6 peanut butter <b>N</b> 20 Fruit cocktail <b>CNA</b> (peach,pear,pineapp) *Milk	17 16 Chicken strips <b>S-W</b> 9 BBQ <b>V</b> 17 Mashed potatoes <b>CNA</b> 1 gravy <b>W</b> 3 Fresh mixed greens <b>CNA</b> **dressing 19 banana <b>CNA</b> 16 Bread <b>W</b> and 0 margarine <b>S</b> *Milk	18 26 French toast <b>S-W-E-M</b> 21 syrup <b>CNA</b> 2 Sausage Links <b>S-P</b> 38 Apple/berry yogurt parfait <b>M</b> 7 Broc/Carrots <b>CNA</b> **dip 13 Dragon Punch <b>CNA</b> *Milk
21 29 Lasagna <b>W-M</b> 10 sauce <b>CNA</b> 16 Bread <b>W</b> and 0 margarine <b>S</b> 3 Tossed salad <b>CNA</b> **dressing 9 Corn <b>CNA</b> 18 Mandarin oranges <b>CNA</b> *Milk	22 31 Macaroni & cheese <b>M-E-W</b> 32 PB and Jelly sandwich <b>W-S-N</b> 5 Green beans <b>CNA</b> 4 carrot sticks <b>CNA</b> **dip 18 Peaches <b>CNA</b> *Milk	23 14 Chili <b>BEEF</b> 14 Ch. Gld fish crackers <b>W-M</b> 3 Dinner salad/ 3 cauliflower <b>CNA</b> 25 Corn bread <b>M-E-W-S</b> 2 Honey butter <b>M-S</b> 18 Mandarin oranges <b>CNA</b> *Milk	24 18 Spaghetti/turkey meatballs <b>W-E</b> 1 String cheese stick <b>M</b> 5 Fr. Mixed veggies <b>CNA</b> 16 Bread <b>W</b> and 0 margarine <b>S</b> 21 Strawberries <b>CNA</b> *Milk	25 43 Fiestada Pizza <b>M-W-S</b> 2 salsa <b>V</b> 3 Tossed salad <b>CNA</b> **dressing 24 Refried Beans <b>CNA</b> 11 Sliced oranges <b>CNA</b> *Milk
28 0 Pulled pork <b>V</b> 31 bun <b>W</b> 9 bbq <b>V</b> 24 Baked beans <b>CNA</b> 0 Sliced pickles <b>V</b> 21 Ranch wedges <b>CNA</b> 14 Applesauce <b>CNA</b> *Milk	29 30 Cheese Breadstick <b>S-W-E-M</b> 7 marinara <b>CNA</b> 16 Oven Roasted Potatoes <b>CNA</b> 4 Broccoli <b>CNA</b> **dip 18 Peaches <b>CNA</b> *Milk	30 20 Beef Stroganoff <b>S-W-E-M</b> 3 Dinner salad/ 4 carrots <b>CNA</b> 16 Bread <b>W</b> and 0 margarine <b>S</b> 10 Fresh pineapple <b>CNA</b> 17 Cookie <b>S-W-E-M-choco</b> *Milk	31 35 Deep dish Pizza <b>M-W-S</b> 3 Dinner salad 4 broccoli <b>CNA</b> 14 Applesauce <b>CNA</b> 19 F. Free Vanilla Pudding <b>M</b> *Milk	1-Feb 15 Pork chop breaded <b>W-S-E-P</b> 26 flatbread <b>M-W</b> 1 mozzarella cheese <b>M</b> 17 marinara <b>CNA</b> 3 Dinner salad/ 12 tomatoes <b>CNA</b> 11 Sliced oranges <b>CNA</b> *Milk
* Milk Info 13 skim/1% 20 chocolate 20 strawberry	**Dip/Dressing Info 6 ranch lite <b>M-E</b> 12 fat free dorothy lynch <b>W</b> 3 salad dressing lite <b>S-E</b> 11 french <b>S</b>	<b>CNA (contains no allergens)</b>	<b>M = MILK/LACTOSE</b> <b>W = WHEAT/GLUTEN</b> <b>N = PEANUTS</b> <b>SM - SESAME</b> <b>S = SOY</b>	<b>E = EGG PRODUCT</b> <b>EW = WHOLE EGG</b> <b>P = PORK</b> <b>V = VINEGAR</b>

## contains Pork ##

ALISHA SANDAGE, RD 12/17/18