

ALLERGENS
CARB COUNTS

SIoux CITY COMMUNITY SCHOOL DISTRICT

January

grade 9 - 12

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jan NO SCHOOL	2 2019	Welcome back 3 7.5 Beef dippers S-W-V 6 Corn CNA 13 Biscuit M-W 7 jelly CNA 34 Pineapple tidbits CNA 18 Black bean salsa 19 chips CNA *Milk	4 34 <i>Pep Pizza</i> M-W-S-NITRATES-BEEF 3 Dinner salad/ 12 tomatoes CNA 24 Peaches CNA 18 Cookie S-M-E-W *Milk
7 41 Cherry chicken stir fry W-E-V 45 Fried Rice S-W-SM 16 Bread W and 0 margarine S 3 Dinner salad 8 Carrots CNA 28 Applesauce CNA *Milk	8 30 Beef & Cheese taco W-S-M 2 Salsa V 24 Refried Beans CNA 3 Tossed salad CNA **dressing 15 Fresh sliced oranges CNA *Milk	9 12 Chicken noodle soup M-E-W 10 Broc / cauliflower CNA **dip 16 Pretzel Gold fish crackers M-W 42 W. G. Cinnamon roll W-M-E-S 28 Fruit cocktail CNA (peach,pear,pineapp) *Milk	10 4 Salisbury Steak w glaze S-W-M-V 17 Mashed potatoes CNA 1 gravy W 8 Baby carrots CNA **dip 20 Dinner roll W-S-V 0 marg S 19 Apricots CNA *Milk	11 1 hot dog P & beef 31 Bun W 6 chili topping CNA 1 cheese M 16 Lattice Fries CNA 0 Pickle Spear V 28 Applesauce CNA *Milk
14 30 Corn dog W-M-E-S 24 Baked beans CNA 8 Baby carrots CNA **dip 28 Pears CNA *Milk	15 NO SCHOOL Teacher work shop	16 27 Sweet roll S-W-E-M 5 meat - BEEF 3 lettuce CNA 1 cheese M 18 Black bean salsa 19 chips CNA 6 Celery stick CNA 6 peanut butter N 28 Fruit cocktail CNA (peach,pear,pineapp) *Milk	17 22 Chicken strips S-W 9 BBQ V 24 Mashed potatoes CNA 1 gravy W 3 Fresh mixed greens CNA **dressing 19 banana CNA 16 Bread W and 0 margarine S *Milk	18 26 French toast S-W-E-M 21 syrup CNA 2 Sausage Links S-P 76 Apple/berry yogurt parfait M 13 Broc/Carrots CNA **dip 13 Dragon Punch CNA *Milk
21 29 Lasagna W-M 10 sauce CNA 16 Bread W and 0 margarine S 3 Tossed salad CNA **dressing 18 Corn CNA 36 Mandarin oranges CNA *Milk	22 34 Macaroni & cheese M-E-W 32 PB and Jelly sandwich W-S-N 10 Green beans CNA 8 carrot sticks CNA **dip 34 Peaches CNA *Milk	23 14 Chili BEEF 14 Ch. Gld fish crackers W-M 3 Dinner salad/ 6 cauliflower CAN 25 Corn bread M-E-W-S 2 Honey butter M-S 36 Mandarin oranges CNA *Milk	24 18 Spaghetti/turkey meatballs W-E 1 String cheese stick M 9 Fr. Mixed veggies CNA 16 Bread W and 0 margarine S 27 Strawberries CNA *Milk	25 43 Fiestada Pizza M-W-S 2 salsa V 3 Tossed salad CNA **dressing 24 Refried Beans CNA 15 orange CNA *Milk
28 0 Pulled pork V 31 bun W 9 bbq V 24 Baked beans CNA 0 Sliced pickles V 21 Ranch wedges CNA 38 Applesauce CNA *Milk	29 30 Cheese Breadstick S-W-E-M 7 marinara CNA 22 Oven Roasted Potatoes CNA 8 Broccoli CNA **dip 30 Peaches CNA *Milk	30 20 Beef Stroganoff S-W-E-M 3 Dinner salad/ 8 carrots CNA 16 Bread W and 0 margarine S 20 Fresh pineapple CNA 17 Cookie S-W-E-M-choco *Milk	31 35 Deep dish Pizza M-W-S 3 Dinner salad 6 broccoli CNA 28 Applesauce CNA 19 F. Free Vanilla Pudding M *Milk	1-Feb 15 Pork chop breaded W-S-E-P 26 flatbread M-W 1 mozzarella cheese M 17 marinara CNA 3 Dinner salad/ 12 tomatoes CNA 15 orange CNA *Milk
* Milk Info 13 skim/1% 20 chocolate 20 strawberry	**Dip/Dressing Info 6 ranch lite M-E 12 fat free dorothy lynch W 3 salad dressing lite S-E 11 french S	CNA (contains no allergens)	M = MILK/LACTOSE W = WHEAT/GLUTEN N = PEANUTS SM - SESAME S = SOY	E = EGG PRODUCT EW = WHOLE EGG P = PORK V = VINEGAR

contains Pork

ALISHA SANDAGE, RD 12/17/18