





January 2018 Crusader Café



Apples
Whiter Teeth, Prevents Diabetes,
Cancer and Heart Disease

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	No School Teacher Work Day	Italian Baked Chicken Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Taco Salad Bowl Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	Stuffed Crust Pizza Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>
8	9	10	11	12
Nachos Supreme Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	Sweet & Sour Chicken Pasta Roasted Vegetables Breadstick Fruit Cup <i>Grilled Italian</i>	Shrimp Poppers Mashed Potatoes Corn Fruit Cup <i>Chicken Ranch</i>	Spaghetti & Meatballs California Vegetables Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	Chicken Quesadilla Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub/Bierock</i>
15	16	17	18	19
No School	Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	Zesty Cuban Sandwich Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Grilled Italian</i>	Chicken Pita Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>	Crispy Fish Strips Macaroni & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>
22	23	24	25	26
Crispy Chicken Salad Baby Carrots Wheat Roll Fruit Cup <i>Grilled Italian</i>	Street Tacos Mexicali Corn Refried Black Beans Cilantro Lime Rice Fruit Cup <i>Turkey Bacon Melt</i>	Shrimp Poppers Corn Mashed Potatoes Fruit Cup <i>Chicken Ranch</i>	Teriyaki Beef Fried Rice Thai Cabbage Slaw Egg Roll Fruit Cup <i>Meatball Sub/Beef Burrito</i>	Stuffed Crust Pizza Tossed Garden Salad Fruit Cup <i>Chicken Fried Steak</i>
29	30	31		
Chicken Tenders Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	Cheese Filled Breadsticks Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Grilled Italian</i>	Turkey on Focaccia Spicy Spuds Cucumber Salad Fruit Cup <i>BBQ Rib/Beef Burrito</i>		

Deli Sandwiches & Burgers are offered every day! Please select Fruit & Vegetables to make it a balanced meal!

"USDA is an equal opportunity provider and employer."