
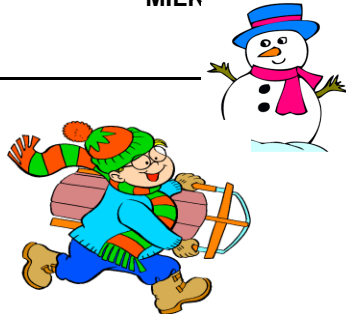


A milk choice 1%, skim,
and fat free chocolate is served
with all meals.

FLIPPIN MENU JANUARY 2019

Menu is subject to change based
on weather and food availability.

(lunch/breakfast menu)

Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	4
			OVEN ROASTED CHICKEN SWEET POTATOES CALIFORNIA BLEND VEG ROLL FRUIT MILK	PIZZA SALAD / DRESSING GREEN BEANS FRUIT MILK	
7	8	9	10	11	
CHICKEN FAJITA LET / TOM / SALSA PINTO BEANS FRUIT OATMEAL COOKIE MILK	TURKEY & CHEESE WRAP CORN ON THE COB LETTUCE / TOMATO FRUIT MILK CARROT STICKS & DIP (9-12)	PORK ROAST MASHED POTATOES / GRAVY CORN FRUIT ROLL MILK	VEGETABLE SOUP GRILLED CHEESE SANDWICH SALAD / DRESSING FRUIT MILK	GRILLED CHICKEN ON BUN SANDWICH SALAD CUP OVEN FRIES FRUIT MILK	
14	15	16	17	18	
TURKEY AND CHEESE ON BUN QUICK BAKED POTATO CARROT STICKS & DIP FRUIT MILK	PIZZA SALAD / DRESSING MIXED VEGETABLES FRUIT MILK	SPAGHETTI / MEATSAUCE SALAD / DRESSING GREEN BEANS FRUIT ROLL MILK	CHICKEN TACO LET / TOM / SALSA REFRIED BEANS FRUIT OATMEAL COOKIE MILK	BBQ PULLED PORK ON BUN BAKED BEANS BROCCOLI SALAD FRUIT GRAHAM CRAKER MILK	
21	22	23	24	25	
NACHO'S w/ GROUND BEEF LETTUCE / TOMATO PINTO BEANS FRUIT APPLESAUCE CAKE MILK	CHICKEN QUESIDILLA SALAD / DRESSING GREEN BEANS FRUIT GRAHAM CRACKER MILK	CHILI SALAD / DRESSING CINN ROLL FRUIT MILK CRACKERS (9-12)	CHICKEN & NOODLES STEAMED BROCCOLI SALAD / DRESSING FRUIT ROLL MILK	HOT HAM & CHEESE ON BUN POTATO WEDGES VEGGIES & DIP FRUIT MILK	
28	29	30	31		
WALKING TACO PINTO BEANS SALSA FRUIT COWBOY COOKIE MILK	CHICKEN NUGGETS/BBQ SAUCE MACARONI & CHEESE ENGLISH PEAS SALAD / DRESSING FRUIT MILK	CHICKEN SPAGHETTI SALAD / DRESSING CALIFORNIA BLEND VEGGIES FRUIT ROLL MILK	PORK ROAST/ GRAVY MASHED POTATOES STEAMED BROCCOLI FRUIT ROLL MILK		

