















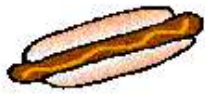
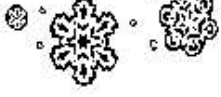


* Contains Pork



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>If school is closed due to the weather, the menu for that day will be served the day school resumes.</p> <p>Account Balance: Please access your account on-line at www.Germantownschoools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.</p> <p>This institution is an equal opportunity provider.</p>		<p>2 Stuffed Crust Cheese Pizza or Fish Sandwich w/Cheese Fresh Garden Bar Sweet Carrot Coins Applesauce Cup Chocolate Chip Cookie</p> 	<p>3 Spaghetti w/Meat Sauce & Parmesan Cheese or Mini Corn Dogs Garlic Bread Fresh Garden Bar Chilled Pears</p> 	<p>4 Sloppy Joe Sandwich or Chicken Tenders Baked French Fries Fresh Garden Bar Seasoned Broccoli Chilled Peaches Ice Cream Sandwich</p> 	<p>Cal 618 T.Fat 18.55 G S.Fat 4.9 G Chol 42.4 Mg Sodm 918.85 Mg Carb 87.67 G Fiber 8.2 G Prtn 27.48 G Iron 4.25 Mg Calc 477.60 Mg Vit A 38.36 RE Vit C 28.60 Mg</p>
<p>7 Hot Dog or Mini Bagel Cheese Pizzas Fresh Garden Bar Vegetarian Baked Beans Chilled Pears Oat & Honey Goldfish Crackers</p> <p>National Oatmeal Month</p>	<p>8 Mini Chocolate Chip French Toast w/Scrambled Eggs or Bosco Sticks Mini Tri-Taters Fresh Garden Bar Craisins</p>	<p>9 Sub Sandwich* or Crispy Chicken O's Potato Smiles Fresh Garden Bar Chilled Peaches Jurassic Park Graham Snacks</p> 	<p>10 Chicken Nuggets or Salisbury Steak Mashed Potatoes w/Gravy Fresh Garden Bar Dinner Roll California Blend Vegetables Fresh Bananas</p> 	<p>11 Large Corn Dogs or Trix Yogurt Cup w/Chocolate Chocolate Chip Muffin & String Cheese Fresh Garden Bar Steamed Broccoli w/Cheese Assorted Juice Cup</p> <p>Strawberry Milk Day</p>	<p>Cal 640 T.Fat 15.23 G S.Fat 4.7 G Chol 75.0 Mg Sodm 1046.21 Mg Carb 99.05 G Fiber 9.0 G Prtn 26.92 G Iron 3.80 Mg Calc 441.37 Mg Vit A 46.15 RE Vit C 14.86 Mg</p>
<p>14 Popcorn Chicken or Mozzarella Sticks w/Marinara Sauce Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits</p> 	<p>15 1 Soft Shell or 2 Hard Shell Tacos or Breaded Chicken Drumstick Mini Pretzel Bite, Garden Bar, Cheesy Refried Beans, Peaches & Strawberry Ice Cream Cup</p> <p>National Strawberry Ice</p>	<p>16  Domino's Cheese Pizza or Hot Ham* & Cheese on a Pretzel Bun Garden Bar, Steamed Peas, Red Grapes & Double Chocolate Chip Cookie</p>	<p>17 Spaghetti w/Meat Sauce & Parmesan Cheese or Chicken Tenders Fresh Garden Bar Soft Baked Breadstick Savory Corn Assorted Juice Cup</p> 	<p>18 Macaroni & Cheese or Pancake Wrapped Sausage on a Stick* Baked French Fries Fresh Garden Bar Fresh Banana Mini Rice Krispie Treat</p> 	<p>Cal 597 T.Fat 17.89 G S.Fat 5.9 G Chol 45.1 Mg Sodm 1025.07 Mg Carb 82.40 G Fiber 8.0 G Prtn 28.90 G Iron 29.26 Mg Calc 499.86 Mg Vit A 31.94 RE Vit C 16.45 Mg</p>
<p>21 Mandarin Orange Chicken or Mini Corn Dogs Fresh Garden Bar Seasoned Broccoli Mandarin Oranges Fortune Cookie</p> 	<p>22 Chicken Tenders or Grilled Cheese Sandwich Garden Bar, Tomato Soup, Pineapple Tidbits & 100% Fruit Sherbet Cup</p> 	<p>23 Cinnamon French Toast w/Breakfast Sausages* or Stuffed Crust Cheese Pizza Fresh Garden Bar Chilled Strawberries Mini Powdered Sugar Donut</p> 	<p>24 Popcorn Chicken or Turkey & Gravy Mashed Potatoes w/Gravy Fresh Garden Bar Fresh Baked Savory Corn Applesauce Cup Fresh Baked Cinnamon Roll</p> 	<p>25 NO SCHOOL TEACHER IN-SERVICE</p> 	<p>Cal 590 T.Fat 15.88 G S.Fat 4.0 G Chol 50.3 Mg Sodm 934.97 Mg Carb 86.75 G Fiber 7.0 G Prtn 26.20 G Iron 2.87 Mg Calc 470.24 Mg Vit A 36.11 RE Vit C 34.61 Mg</p>
<p>28  5" Deep Dish Pizza or Crispy Chicken O's Savory/Potato Wedges Fresh Garden Bar Mixed Fruit Rice Krispie Treat</p> <p>JAN BIRTHDAY'S CELEBRATION</p>	<p>29 Walking Taco or Chicken Patty Sandwich Fresh Garden Bar Cheesy Refried Beans Chilled Peaches Assorted Juice Cup</p> 	<p>30 Chicken Nuggets or Cheese Quesadilla Fresh Garden Bar Dinner Roll Sweet Carrot Coins Seasonal Fresh Fruit Sugar Cookie</p>	<p>31 Spaghetti w/Meat Sauce, Parmesan Cheese & Garlic Bread or Hot Dog Fresh Garden Bar Applesauce Cup Jello Jigglers</p> 	<p> DAILY LUNCH PRICES \$2.55 Elementary \$3.75 Adult Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>	<p>Cal 624 T.Fat 17.79 G S.Fat 5.4 G Chol 44.9 Mg Sodm 968.53 Mg Carb 89.92 G Fiber 8.8 G Prtn 28.34 G Iron 4.94 Mg Calc 462.87 Mg Vit A 33.80 RE Vit C 29.05 Mg</p>