

# JANUARY 2019

## The Morgan School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

School Closed

New Year's Day

**1**  
Grilled BBQ Chicken Sandwich  
on Whole Grain Roll with Rice Pilaf, Baked Butternut Squash and Applesauce Cup

**2**  
Mozzarella Sticks  
Mozzarella Sticks served with Tomato Sauce, Glazed Carrots, WW Breadstick and Fresh Cut Cantaloupe

**3**  
Pizza  
Whole Grain Cheese or Buffalo Chicken Pizza served with a Fresh Tossed Salad  
Fresh Orange Wedges

**4**  
Pulled Pork  
BBQ Pulled Pork on a Hard Roll served with Cole Slaw, Spicy Fries and Fresh Fruit Salad  
Diced Peach Cup

**5**  
Chicken Fajita  
Fajita Seasoned Chicken Whole Wheat Tortilla Cheddar Cheese Salsa Cup Brown Rice w/Red Beans Fresh Cucumber Slices Fresh Pear

**6**  
Pasta and Sausage  
Rotini and Sauce with Italian Sausage Tossed Garden Salad Italian Dressing Whole Wheat Breadstick Fresh Cantaloupe

**7**  
Chicken Nuggets  
Baked Chicken Nuggets with Assorted Sauces Whole Wheat Roll Rice and Red Beans Seasoned Green Beans Watermelon Cup

**8**  
French Bread Pizza  
Baked Whole Wheat French Bread Pizza Fresh Tossed Salad Ranch Dressing Fruit Cocktail Cup

**9**  
Philly Cheesesteak  
Steak and Cheese with Peppers and Onions on a Whole Grain Grinder Oven Baked Fries Sautéed Cauliflower Fresh Fruit Cup

**10**  
Soup & Grilled Cheese  
Clam Chowder, Tomato or Chicken Soup Grilled Cheese Sandwich Fresh Broccoli Fresh Orange Wedges

**11**  
Popcorn Chicken  
Baked Popcorn Chicken with Assorted Sauces Rice and Red Beans Seasoned Green Beans Whole Wheat Roll Pineapple Cup

**12**  
Pizza  
Whole Grain Cheese or Buffalo Chicken Pizza served with a Fresh Tossed Salad Fresh Apple Slices

**13**  
Early Dismissal  
Breakfast and Lunch Will Not Be Served

School Closed

MLK Jr. Day

G and F Period Exams

E and D Period Exams

C and B Period Exams

A Period and Make-up Exams

**14**  
McMorgan  
Baked Chicken Patty on Whole Grain Bun Baked Sweet Potato Fries Seasoned Corn Fresh Strawberry Cup

**15**  
Taco Boat  
Seasoned Beef on Taco Boat Salsa & Lettuce, Tomato Cup Brown Rice w/Pinto Beans Celery Sticks Diced Peach Cup

**16**  
Turkey Dinner  
Sliced Oven Baked Turkey Mashed Potatoes & Gravy Butternut Squash Dinner Roll Fruit Cup

**17**  
Cheddar Burger  
Baked Lean Beef Patty on Whole Grain Bun with Melted Cheddar Buttered Noodles Savory Green Beans Fresh Cantaloupe

**18**  
DID YOU KNOW...  
January's gem is garnet which represents constancy.

### Prices

Student Hot Meal \$3.25  
Milk \$.75

Teacher Hot Meal \$4.00  
A La Carte \$2.00

Made to order sandwiches and pre made salads are also available.

### School News

January 1<sup>st</sup> No School  
New Year's Day

January 18<sup>th</sup> Early Dismissal  
Professional Development

January 21<sup>st</sup> No school  
MLK Jr. Day

January 22<sup>nd</sup> - 25<sup>th</sup>  
Midterm Exams

*This institution is an equal opportunity provider.*