



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
31 VACATION	1 HOLIDAY	2 CHICKEN BURGER Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst	3 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich BROCCOLI CORN	4 acco's Wow & J sandwich Baked beans Assorted veges Fruit, canned, asst FRESH FRUIT	Cal 669 T.Fat 21.17 G S.Fat 6.9 G Chol 43.9 Mg Sodm 916.74 Mg Carb 94.81 G
7 Baked Chicken Wow & J sandwich MASHED POTATOES CARROTS Fruit, canned, asst.	8 HOT MEATBALL SUB Wow & J sandwich GREEN BEANS YELLOW BEANS Fruit, canned, asst.	9 CHICKEN NUGGETS Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst.	10 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich BROCCOLI CORN	11 NACHOS Wow & J sandwich Baked beans CORN Fruit, canned, asst FRESH FRUIT	Cal 669 T.Fat 23.63 G S.Fat 8.3 G Chol 64.0 Mg Sodm 949.05 Mg Carb 84.45 G
14 CHEESEBURGER ON A BUN HAMBURGER ON A BUN Wow & J sandwich CARROTS	15 BAKED ZITI Wow & J sandwich ROLLS W/W. GREEN BEANS PEAS Fruit, canned, asst.	16 CHICKEN BURGER Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst.	17 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich BROCCOLI CORN	18 PIG-N-A-BLANKET Wow & J sandwich Baked beans Assorted veges Fruit, canned, asst FRESH FRUIT	Cal 678 T.Fat 20.53 G S.Fat 6.7 G Chol 41.5 Mg Sodm 902.25 Mg Carb 97.55 G
21 HOLIDAY	22 TOASTED CHEESE SANDWICH Wow & J sandwich Soup, tomato PEAS	23 CHICKEN NUGGETS Wow & J sandwich GREEN BEANS FRENCH FRIES Fruit, canned, asst.	24 CHEESE PIZZA PEPPERONI PIZZA Wow & J sandwich BROCCOLI CORN	25 italian sub HAM & CHEESE SANDWICH Wow & J sandwich Vege cup & dip Fruit, canned, asst.	Cal 680 T.Fat 19.93 G S.Fat 6.8 G Chol 47.0 Mg Sodm 1319.89 Mg

January

The Maine Department of education & the USDA are equal opportunity employer's This menu is subject to change without notice