

# Menus

**School:** Cowgill R-VI School

**Academic Year:** 2018-19

**Meal:** Lunch

**Month:** December 2018

December				
M	Tu	W	Th	F
3 Grilled Chicken Sandwich, Corn & Fruit Cocktail	4 Fish Treasures, Macaroni & Cheese, Peas & Tropical Fruit	5 Cheeseburger, Sweet Potatoes & Pears	6 Beef Stroganoff, Green Beans & Peaches	7
10 Chicken Casserole, Carrots & Applesauce	11 WOW Butter & Jelly Sandwich, Chips & Bananas	12 Christmas Dinner Honey Glazed Ham, Mashed Potatoes, Gravy, Corn, Bread, Cinnamon Apples & Oatmeal Cake	13 Chicken Strips, Salad & Mandarin Oranges	14 Grilled Cheese Sandwich, Potato Soup & Fruit Cocktail
17 Deli Sandwich, Chips, & Applesauce	18 Sweet & Sour Chicken, Broccoli, Rice & Pineapple	19 Creamy Chicken Over Biscuit, Peaches & Dessert	20 Pizza Party  "The USDA is and equal opportunity provider & employer"	21
24	25	26	27	28
31	1	2	3	4

# Menus

**School:** Cowgill R-VI School

**Academic Year:** 2018-19

**Meal:** Lunch

**Month:** January 2019

January				
M	Tu	W	Th	F
31	1	2	3	4
7 Spaghetti & Meat Sauce, Green Beans, Breadsticks & Peaches	8 McRibb, Sweet Potatoes & Applesauce	9 Country Fried Steak, Mashed Potatoes, Gravy, Corn & Pears	10 Chef Salad, Crackers & Strawberries	11 Deli Sandwich, Chips & Bananas
14 Cheeseburger, BBQ Beans & Fruit Cocktail	15 Sweet & Sour Chicken, Broccoli, Rice & Pineapple	16 Burrito, Corn, String Cheese & Cinnamon Apples	17 Beef Stroganoff, Green Beans & Peaches	18
21	22 Fish Sandwich, Peas & Tropical Fruit	23 Beef Taco Salad, Black Beans & Cinnamon Apples	24 Pizza, Corn & Applesauce	25 Vegetable Soup, Grilled Cheese & Fruit Cocktail
28 BBQ Chicken Sandwich, Peas, String Cheese & Applesauce	29 Creamy Chicken Over Biscuit, Brownies & Strawberries	30 Meatloaf, Mashed Potatoes, Carrots, Bread & Peaches	31 Groundhog Dog, Winter Beans, Spring Pears & Shadow Brownies  "The USDA is and equal opportunity provider & employer"	1