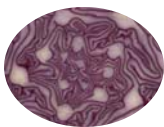




		LUNCH		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Observed ~ New Years' Day Holiday 	3 <i>Manager's Choice</i>	4 Sloppy Joe Manager's Daily Special Vegetable of the Day Variety of Fruits	5 BBQ Chicken w/ Honey Glazed Oatmeal Roll Manager's Daily Special Vegetable of the Day Variety of Fruits	6 Pizza Cheese or Pepperoni Manager's Daily Special Vegetable of the Day Variety of Fruits
9 Nachos Manager's Daily Special Vegetable of the Day Variety of Fruits	10 Penne & Chicken Garlic Bread Manager's Daily Special Vegetable of the Day Variety of Fruits	11 Meat Loaf w/ Mashed Potatoes w/Gravy Dinner Roll Manager's Daily Special Vegetable of the Day Variety of Fruits	12 Black Jack Pizza Manager's Daily Special Vegetable of the Day Variety of Fruits	13 Chicken Nuggets Manager's Daily Special Vegetable of the Day Variety of Fruits
16 Martin Luther King, Jr Holiday 	17 Spaghetti w/Marinara Garlic Bread Manager's Daily Special Vegetable of the Day Variety of Fruits	18 Grilled Chicken Sandwich Manager's Daily Special Vegetable of the Day Variety of Fruits	19 Chili Garden Chili w/Cinnamon Roll Manager's Daily Special Vegetable of the Day Variety of Fruits	20 Pizza Cheese or Pepperoni Manager's Daily Special Vegetable of the Day Variety of Fruits
23 Burrito Bowl Manager's Daily Special Vegetable of the Day Variety of Fruits	24 Lemon Roasted Chicken Manager's Daily Special Vegetable of the Day Variety of Fruits	25 Fish Sticks Cornbread Muffin Manager's Daily Special Vegetable of the Day Variety of Fruits	26 Black Jack Pizza Manager's Daily Special Vegetable of the Day Variety of Fruits	27 Hamburger Deluxe Manager's Daily Special Vegetable of the Day Variety of Fruits
30 Tacos Vegetarian Tacos Rice Manager's Daily Special Vegetable of the Day Variety of Fruits	31 Cheese Ravioli w/Marinara Garlic Bread Manager's Daily Special Vegetable of the Day Variety of Fruits	 <div data-bbox="889 1497 1052 1745" style="border: 1px solid green; padding: 5px;"> <p>BLACK GRAPES are the specialty fruit in January. Try some the week of January 23.</p> </div> <div data-bbox="1182 1486 1312 1629" style="text-align: center;"> <p><i>Several varieties of milk offered with each meal</i></p> </div> <div data-bbox="1377 1507 1539 1598" style="text-align: center;"> <p>VEGETARIAN PORK SUPERFOOD</p> </div>		

Enjoy cabbage in the cafeteria this month! Cabbage is the SuperFood of the month because it helps fight cancer and it is high in Vitamin C and fiber. Best of all, cabbage is inexpensive and available all year! Cabbage is featured on the school lunch menu in salads (Buffalo Chicken, Chef's, Orange Chicken) and in the side dishes Asian Coleslaw and traditional Coleslaw. For great cabbage recipes, visit www.fruitandveggiesmorematter.org (www.leafy-greens.org).



All DPS menus meet the USDA nutritional guidelines for major nutrients including calories, fat and saturated fat.
DPS menus meet the nutritional requirements of *The Healthier US Challenge Gold Standard* rating.
 Menus subject to change.
 For weekly nutrient values, nutrition/Super Foods/ food safety information and links to other informative sites, please visit our website at <http://foodservices.dpsk12.org>.