



JANUARY 2020 AFTERSCHOOL COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1/6/2020</p> <p>118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p>130 SUNFLOWER KERNELS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>611 BABY CARROTS PACK</p> <p>330 WG BLUEBERRY MUFFIN</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p></p> <p>2402</p>	<p>1/7/2020</p> <p>136 VANILLA YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>922 BAGGED WG PREMIUM GRANOLA</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>1/8/2020</p> <p>205 WHOLE GRAIN POPCORN CHICKEN</p> <p>604 DUTCH POTATO SALAD</p> <p>611 BABY CARROTS PACK</p> <p>937 WG APPLE CINNAMON BEAR GRAHAMS</p> <p>961 KETCHUP</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2410</p> <p>FOOD ORDER DUE - WEEK OF 1/27</p>	<p>1/9/2020</p> <p>239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>670 FRESH FRUIT</p> <p>963 MUSTARD</p> <p>100 WHITE MILK</p> <p>2420</p>	<p>1/10/2020</p> <p>139 CHEDDAR CHEESE CUP</p> <p>129 HONEY ROASTED SUNFLOWER KERNELS</p> <p>620 RED GOLD SALSA CUP</p> <p>697 BAGGED APPLE SLICES</p> <p>941 TOSTITOS SCOOPS</p> <p>100 WHITE MILK</p> <p>2413</p>
<p>1/13/2020</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>543 RED PEPPER HUMMUS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>611 BABY CARROTS PACK</p> <p>942 MULTIGRAIN SUNCHIPS</p> <p>100 WHITE MILK</p> <p>2402</p>	<p>1/14/2020</p> <p>137 PEACH YOGURT</p> <p>130 SUNFLOWER KERNELS</p> <p>670 FRESH FRUIT</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>347 CINNAMON CHEX CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>1/15/2020</p> <p>205 WHOLE GRAIN POPCORN CHICKEN</p> <p>611 BABY CARROTS PACK</p> <p>645 DOLE PINEAPPLE TIDBITS CUP</p> <p>936 WG VANILLA BEAR GRAHAMS</p> <p>954 BARBECUE SAUCE</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2410</p> <p>FOOD ORDER DUE - WEEK OF 2/3</p>	<p>1/16/2020</p> <p>227 BBO CHICKEN & CHEESE WG WRAP</p> <p>621 FRESH CELERY STICKS</p> <p>670 FRESH FRUIT</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>412</p> <p></p>	<p>1/17/2020</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p>2433</p>
<p>1/20/2020</p> <p>118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p>546 CHEESY PIZZA HUMMUS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>611 BABY CARROTS PACK</p> <p>939 HEARTZELS PRETZELS</p> <p>100 WHITE MILK</p> <p>2402</p>	<p>1/21/2020</p> <p>133 STRAWBERRY BANANA YOGURT</p> <p>129 HONEY ROASTED SUNFLOWER KERNELS</p> <p>670 FRESH FRUIT</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>342 CHEERIOS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p> <p></p>	<p>1/22/2020</p> <p>124 JENNIE-O SMOKE HOUSE TURKEY BREADSTICK</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>604 DUTCH POTATO SALAD</p> <p>697 BAGGED APPLE SLICES</p> <p>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH</p> <p>100 WHITE MILK</p> <p>2405</p> <p>FOOD ORDER DUE - WEEK OF 2/10</p>	<p>1/23/2020</p> <p>205 WHOLE GRAIN POPCORN CHICKEN</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>670 FRESH FRUIT</p> <p>937 WG APPLE CINNAMON BEAR GRAHAMS</p> <p>965 HONEY MUSTARD</p> <p>100 WHITE MILK</p> <p>2410</p>	<p>1/24/2020</p> <p>139 CHEDDAR CHEESE CUP</p> <p>130 SUNFLOWER KERNELS</p> <p>611 BABY CARROTS PACK</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>926 GARDEN SALSA SUNCHIPS</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2413</p>
<p>Martin Luther King, Jr. Day</p> <p>1/27/2020</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>129 HONEY ROASTED SUNFLOWER KERNELS</p> <p>670 FRESH FRUIT</p> <p>611 BABY CARROTS PACK</p> <p>332 WG APPLE CINNAMON MUFFIN</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2402</p>	<p>1/28/2020</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>343 RICE CHEX CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>1/29/2020</p> <p>242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH</p> <p>670 FRESH FRUIT</p> <p>611 BABY CARROTS PACK</p> <p>963 MUSTARD</p> <p>100 WHITE MILK</p> <p>2415</p> <p>FOOD ORDER DUE - WEEK OF 2/10</p>	<p>1/30/2020</p> <p>139 CHEDDAR CHEESE CUP</p> <p>130 SUNFLOWER KERNELS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>620 RED GOLD SALSA CUP</p> <p>941 TOSTITOS SCOOPS</p> <p>100 WHITE MILK</p> <p>2413</p>	<p>1/31/2020</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p>2433</p> <p></p>

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AFTERSCHOOLMEALS@NDSARCH.ORG

MEALS CONTAINING HIGHLIGHTED FRESH ITEMS CANNOT BE CHANGED OR CANCELLED.

Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.

REMINER! Water must be OFFERED every day!

WG = WHOLE GRAIN-RICH

MENU SUBJECT TO CHANGE

