




INVER GROVE HEIGHTS JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MONTHLY UNIT: WINTER FUN		 1 NEW YEAR'S DAY - CENTER CLOSED	2 TUITION DUE CHEESY ROTINI, PEAS, PEARS	3 CHARBROILED BEEF PATTY W/ KETCHUP ON WHOLE WHEAT BUN, GREEN BEANS, FRESH APPLE (UNSWEETENED APPLESAUCE)	4 TACO ON WHOLE WHEAT TORTILLA, CHOPPED ICEBERG & ROMAINE W/ DRESSING (CARROTS) FRESH BANANA	5
6	7 STIR FRY CHICKEN W/ CABBAGE OVER BROWN RICE, PINEAPPLE TIDBITS (PEACHES)	Sign Language 8 CHICKEN PARMESAN ON WHOLE WHEAT BUN, CARROTS, PEARS	9 TURKEY FETTUCCINI, ASSORTED VEGETABLES, FRESH ORANGE (MANDARIN)	10 CHICKEN ALA KING W/ BUTTERMILK BISCUITS, APPLE CRISP	11 CHICKEN FAJITA W/ WHOLE WHEAT TORTILLA, CHOPPED ICEBERG & ROMAINE W/ DRESSING (GREEN BEANS) FRESH BANANA	12
13 Stretch-N-Grow	14 BEEF & GRAVY ON WHOLE WHEAT BREAD, WHIPPED POTATOES, PEACHES	15 TUITION DUE ITALIAN SPAGHETTI, PEAS, PEARS	16 BAKED CHICKEN BREAST NUGGETS, ASSORTED VEGETABLES, FRESH APPLE (UNSWEETENED APPLESAUCE)	17 FISH NUGGETS W/ CHEESE & TARTARON BUN, CARROTS, ORANGE (BRUNCH BAR W/ CHEESE ON BUN, CARROTS, MANDARIN)	18 CHICKEN TERIYAKI OVER BROWN RICE, CHOPPED ICEBERG & ROMAINE W/ DRESSING (PEAS) FRESH BANANA	19
20	21 TURKEY W/ NOODLES, GREEN BEANS, PEARS	Sign Language 22 CHILI W/ BEANS, WHOLE WHEAT BREADSTICKS, PINEAPPLE TID BITS (MOZZARELLA STIX W/ SAUCE, CARROTS, PEACHES)	23 RIB BQ W/ CHEESE ON WHOLE WHEAT BUN, CORN, FRESH APPLE (ASSORTED VEGETABLES, UNSWEETENED APPLESAUCE)	Stages Theatre: Three Snow Bears 24 Winter Carnival Begins CHICKEN SPAGHETTI, PEAS, FRESH ORANGE (MANDARIN)	25 SLOPPY JOE ON WHOLE WHEAT BUN, GREEN BEANS, FRESH BANANA	26
27 Stretch-N-Grow	28 WILD RICE HOTDISH, ASSORTED VEGETABLES, PEACHES	29 TURKEY W/ GRAVY ON WHOLE WHEAT BREAD, WHIPPED POTATOES, PEARS	30 BBQ CHICKEN ON WHOLE WHEAT BUN, CORN, FRESH APPLE (CARROTS, UNSWEETENED APPLESAUCE)	31 WEE SHELLS & TURKEY, PEAS, FRESH ORANGE (MANDARIN)	MILK SERVED WITH EACH MEAL	