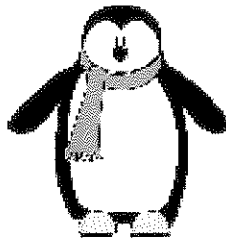


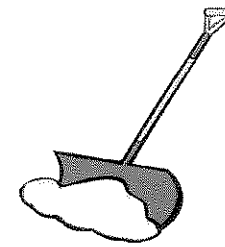
Did you know?

The most snowfall within 24 hours was 63 inches and occurred in Georgetown, Colorado on December 4, 1913



Allen Academy

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LUNCH MENU - JANUARY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
BBQ Meatballs Rice Fruit Fruit Juice Milk	Mini Turkey Corn Dogs Vegetable Fruit Milk Dessert	Breaded Chicken Patty Sandwich Broasted Potato Wedges Fruit Milk	Beef Nachos Grande w/ Vegetables Fruit Milk	Little Caesars Pizza Garden Salad w/ Ranch Dressing Fruit Juice Milk 
11	12	13	14	15
Deli Turkey Wrap Baby Carrots w/ Ranch Fruit Milk	BBQ Chicken Nuggets Mashed Potatoes Fruit Milk Roll	Meatball Sub Broasted Potato Wedges Fruit Milk Dessert	Soft Tacos w/Lettuce & Cheese Spanish Rice w/Vegetables Fruit Milk	Chicken Fingers & Waffles Fruit Fruit Juice Milk
18	19	20	21	22
NO SCHOOL	Sloppy Joe Broasted Potato Wedges Fruit Milk	Grilled Chicken Fajita Vegetables Fruit Milk Dessert	Roast Turkey & Gravy Mashed Potatoes Fruit Milk Roll	Little Caesars Pizza Garden Salad w/ Ranch Dressing Fruit Juice Milk 
25	26	27	28	29
Chicken Stir Fry Rice Fruit Milk Fortune Cookie	Turkey Ham Sub Whole Fruit Fruit Juice Milk	Chicken Fingers w/Ranch Dressing Vegetable Fruit Milk	Chili w/Shredded Cheese Vegetable Fruit Milk Crackers	CanStrong Burger Broasted Potato Wedges Fruit Juice Milk

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE.

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*Carbohydrate data has been determined using food nutrition labels and approved software. The reliability of data may fluctuate with changes in portion size, product specifications, recipe compliance, and manufacturer's ingredients.

Since various factors influence the amounts of nutrients/carbohydrates in foods, this data should be viewed and used only as a guide containing a close approximation of the true carbohydrate content.

