

January 2019- Breakfast Cycle Menu

Grades Pre-K-12 MEALS ARE SUBJECT TO LATE CHANGE DUE TO PRODUCT AVAILABILITY

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	7 STAFF WORK DAY	8 SUNRISE SANDWICH(EGG CHEESE BAGEL) OR CEREAL BAR/YOGURT FRUIT FRUIT JUICE MILK PRE-K -SUNRISE SANDWICH, FRUIT, WHITE MILK	9 FRENCH TOAST/SAUSAGE OR MUFFIN/YOGURT FRUIT FRUIT JUICE MILK PRE-K- FRENCH TOAST, SAUSAGE, FRUIT, WHITE MILK	10 CINNAMON TOAST/OATMEAL OR BREAKFAST CRACKERS/ CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-CINNAMON TOAST, OATMEAL FRUIT, WHITE MILK	11 BREAKFAST BURRITO/TATOR TOTS OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K -BREAKFAST BURRITO,TATOR TOTS, FRUIT, WHITE MILK
Week 2	14 BREAKFAST COOKIE/YOGURT OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K-CEREAL, TOAST FRUIT, WHITE MILK	15 CHEESE OMELET/TOAST OR STRUDEL/CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-CHEESE OMELET, TOAST, FRUIT, WHITE MILK	16 WAFFLES/SAUSAGE OR MUFFIN/ YOGURT FRUIT FRUIT JUICE MILK PRE-K-WAFFLES, SAUSAGE, FRUIT, WHITE MILK	17 BREAKFAST PIZZA OR BREAKFAST CRACKER/CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-BREAKFAST PIZZA, FRUIT, WHITE MILK	18 DONUT/SAUSAGE OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K -MUFFIN, YOGURT, FRUIT, WHITE MILK
Week 3	21 PANCAKES/SAUSAGE OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K- PANCAKES, SAUSAGE, FRUIT, WHITE MILK	22 BREAKFAST BURRITO/TATOR TOTS OR STREUDEL/CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-BREAKFAST BURRITO, TATOR TOTS, FRUIT, WHITE MILK	23 POWER BREAKFAST-BISCUIT/ GRAVY/SCRAMBLED EGGS/BACON OR MUFFIN/YOGURT FRUIT FRUIT JUICE MILK PRE-K-POWER BREAKFAST-BISCUIT, GRAVY, SCRAMBED EGGS, BACON, FRUIT, WHITE MILK	24 BREAKFAST BREAD/YOGURT OR BREAKFAST CRACKER/CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-BREAKFAST BREAD, YOGURT, FRUIT, WHITE MILK	25 MORNING GRIDDLE(PANCAKES,EGGS,BACON,HAM, CHEESE) SYRUP OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K-MORNING GRIDDLE, SYRUP, FRUIT, WHITE MILK
Week 4	28 WAFFLES/BACON OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K- WAFFLES, BACON, FRUIT, WHITE MILK	29 CINNAMON ROLL/SAUSAGE OR STREUDEL/CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-CEREAL, TOAST, FRUIT, WHITE MILK	30 BREAKFAST PIZZA OR MUFFIN/YOGURT FRUIT FRUIT JUICE MILK PRE-K-BREAKFAST PIZZA, FRUIT, WHITE MILK	31 SAUSAGE/ EGG/ CHEESE SANDWICH OR BREAKFAST CRACKER/CHEESE STICK FRUIT FRUIT JUICE MILK PRE-K-SAUSAGE, EGG, CHEESE SANDWICH, FRUIT, WHITE MILK	FEB 1 BISCUIT/GRAVY/SCRAMBLED EGG OR CEREAL/TOAST FRUIT FRUIT JUICE MILK PRE-K-BISCUIT/GRAVY/SCRAMBLED EGG, FRUIT, WHITE MILK

For Breakfast only: Meat/Meat Alternates credit as Grain Alternates

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January 2019 Lunch Cycle Menu

Grades K-12

MEALS ARE SUBJECT TO LATE CHANGE DUE TO PRODUCT AVAILABILITY

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	7 STAFF WORK DAY	8 FRENCH BREAD PIZZA GREEN BEANS STEAMED BROCCOLI FRUIT CUP PUDDING MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	9 MEXICAN PLATE(TACO, TAMALES) SPANISH RICE/SALSA CORN PINTO BEANS CORNBREAD PEACHES/COOKIE MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	10 POPCORN CHICKEN ROLL TOSSED SALAD FRENCH FRIES PEACHES MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	11 CHICKEN QUESADILLA SPANISH RICE CELERY STICKS BABY CARROTS SALSA LETTUCE/TOMATO GARNISH APPLES/MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK
Week 2	14 BREADED DRUMSTICK BISCUIT SLICED CARROTS CORN GRAPES RICE KRISPIE TREAT/MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	15 CRISPY TACOS CORNBREAD PINTO BEANS CHERRY TOMATOES/CUCUMBERS LETTUCE/TOMATO GARNISH/SALSA ORANGES/MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	16 CHICKEN NUGGETS MASHED POTATOES/GRAVY ROLL TOSSED SALAD PEARS MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	17 HAMBURGER/CHEESEBURGER LETTUCE/TOMATO/PICKLES GARNISH FRENCH FRIES BABY CARROTS SNOWBALL SALAD MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	18 CHICKEN PARMESAN BREADSTICK TOSSED SALAD GREEN BEANS PINEAPPLE TIDBITS MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK
Week 3	21 CORN DOG TATOR TOTS BAKED BEANS SLICED CINNAMON APPLES MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	22 BEEF NACHO'S LETTUCE/TOMATO GARNISH/SALSA PINTO BEANS TINY TOMATOES/CUCUMBER PEACHES/LIME SHERBERT/MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	23 X-TREME BURRITO/SALSA CORN RED PEPPERS/CARROTS LETTUCE/TOMATO GARNISH MANDARIN ORANGES/MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	24 PIZZA TOSSED SALAD FRUIT CUP COOKIE MILK NO JH/HS SALAD ENTRÉE, FRUIT, MILK	25 NO SCHOOL
Week 4	28 COUNTRY FRIED STEAKS MASHED POTATOES/GRAVY OKRA ROLLS STRAWBERRIES MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	29 ENCHILADAS/SALSA SPANISH RICE PINTO BEANS LETTUCE/TOMATO GARNISH CUCUMBER SLICES APPLESAUCE MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	30 CHICKEN TENDERS BISCUIT/GRAVY BROCCOLI SWEET POTATO FRIES MIXED FRUIT RICE KRISPIE TREAT MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	31 PIZZA TOSSED SALAD BABY CARROTS FRESH APPLE SLICES MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK	FEB 1 HAMBURGER/CHEESEBURGER LETTUCE/TOMATO/PICKLE GARNISH TATOR TOTS GREEN BEANS ORANGES MILK OR JH/HS SALAD ENTRÉE, FRUIT, MILK

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