

LUNCH -- Milk Served
 Students 6 -8 Must have 1/2 cup of fruit or vegetable and 2 other components.
 Students 9-12 Must have 1 cup of fruit or

H/S & M/S JANUARY 2018

BREAKFAST - Milk Served
 Students must have 1/2 cup fruit or juice at breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4 Biscuit & Gravy <u>OR Cereal / Crackers</u> Hamburger on Bun Lettuce Leaves Tomato / Onion Slices Pickles / Sweet Potatoes Fries Cheesy Broccoli Rosey Applesauce Opt. Entrée BLT Turkey Wrap	5 Mini French Toast <u>OR Cereal Bar / String Cheese</u> Cheese Pizza Garden Fresh Salad Baby Carrots / Red Pepper Strips Fresh Cauliflower Steamed Peas Diced Peaches Opt. Entrée Buffalo Chicken Salad
<p>This institution is an equal opportunity provider.</p>	8 Banana Bread Slice <u>OR Cereal / Crackers</u> Meatball sub Garden Salad Roasted Vegetables Cucumber Slices / Green Pepper Strips Baby Carrots Diced Pears Opt. Caesar Chicken Salad	9 Breakfast Burrito <u>OR Cereal Bar / String Cheese</u> Super Nachos Shredded Lettuce Diced Tomatoes / Salsa Spanish Rice / Black Beans Corn Mixed Berry Lemon Cup Opt. Entrée Buffalo Chicken Wrap	10 Mini Pancakes / Yogurt <u>OR Cereal / Yogurt</u> Chicken Strips Scalloped Potatoes Hot Roll W / Jelly Green Beans / Tossed Salad Cucumbers Slices / Fresh Cauliflower Fruit Cocktail Opt. Entrée Ham Chef Salad	11 Sausage Cheese Biscuit <u>OR Cereal / Crackers</u> Pulled Pork on Bun Cole Slaw Baked Beans French Fries Baby Carrots / Grape Tomatoes Mandarin Oranges Opt. Entrée Veggie Hummus Wrap	12 Cereal Bar / String Cheese <u>OR Cereal / Yogurt</u> Corn Dog Tossed Salad Fresh Broccoli / Tater Tots Green Pepper Strips Winter Mix Vegetables Pineapple Chunks Opt. Entrée Spicy Chicken Salad
	<p>We will be offering a different Salad or Wraps and Uncrustable optional entree EVERYDAY</p>	15 NO SCHOOL	16 Strawberry Cream Cheese Mini Bagel <u>OR Cereal Bar / String Cheese</u> Crispito W / Cheese Sauce Shredded Lettuce Diced Tomatoes Refried Beans Steamed Chuck Wagon Diced Pears Opt. Entrée BLT Turkey Wrap	17 Ham & Cheese Bar <u>OR Cereal / Yogurt</u> Salisbury Steak Mashed Potatoes/ Gravy Hot Roll W / Jelly Tossed Salad / Green Pepper Strips Steamed Carrots Peach Slices Opt. Entrée Hummus Veggie Salad	18 Biscuit & Gravy <u>Or Cereal / Crackers</u> Ribette on Bun Tossed Salad Sliced Onion Roasted Veggies / Tri Tater Red Pepper Strips / Cucumbers slices Tropical Fruit Opt. Entrée Veggie Wrap
<p>Menu items are subject to change without notice.</p>	22 Pancake on Stick W / Syrup <u>OR Cereal Bar / String Cheese</u> Bosco Stick w / Marinara Garden Spinach Salad Roasted Cauliflower Grape Tomatoes / Cucumber Slices Fruit Cocktail Opt. Entrée Caesar Chicken Salad	23 Mini Waffles / Yogurt <u>OR Cereal / Crackers</u> Chili / Crackers Cinnamon Roll Tossed Salad Baby Carrots / Celery Sticks Pear Slices Opt. Entrée Spicy Chicken Wrap	24 Asst. Muffin <u>OR Cereal / Yogurt</u> Biscuit & Gravy Sausage Patty Sweet Potato Fries Mixed Vegetables / Tossed Salad Baby Carrots / Orange Wedges Opt. Entrée Fiesta chicken Salad	25 Sausage Cheese Biscuit <u>OR Cereal / Crackers</u> Turkey & Cheese Sub Lettuce Leaves/ Tomato Slices Pickles / Onion Slices California Veggies / Tater Tots Green Pepper Strips / Pineapple Slices Opt. Entrée Caesar Wrap	26 Cinnamon Cream Cheese Mini Bagel <u>OR Cereal Bar / String Cheese</u> Pepperoni Pizza Tossed Salad Steamed Peas Fresh Broccoli / Cauliflower Cinnamon Applesauce Opt. Entrée Buffalo Chicken Salad
<p>Free and Reduced Price Meal information and application can be obtained by contacting the Food Service Office.</p>	29 Breakfast Pizza <u>OR Cereal Bar / String Cheese</u> Spaghetti W / Meatsauce Breadstick / Tossed Salad Roasted Broccoli Baby Carrots / Sliced Cucumbers Pinapple Chunks Opt. Entrée Ham Chef Salad	30 Choc Chip Benefit Bar <u>OR Cereal / Crackers</u> Taco Salad Shredded Lettuce / Cheese Diced Tomatoes / Salsa Refried Beans / Corn Peach Slices Opt. Entrée Buffalo Chicken Wrap	31 French Toast Sticks / Sausage Links <u>OR Cereal / Crackers</u> Chicken Steak Finger Mashed Potatoes / Gravy Hot Roll W / Jelly Green Beans / Tossed Salad Hawaiian Tropical Fruit Opt. Entrée Spicy Chicken Salad		