

LUNCH -- Milk Offered
 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 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4 Mini French Toast OR Cereal Bar / String Cheese 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>	7 Mini Pancake/ Yogurt OR Cereal / Crackers Cheese Ravioli W/ Marinara Breadstick Garden Salad Cucumber Slices / Green Pepper Strips Roasted Vegetables Diced Pears Opt. Caesar Chicken Salad	8 Breakfast Burrito OR Cereal Bar / String Cheese Super Nachos Shredded Lettuce Diced Tomatoes / Salsa Spanish Rice / Black Beans Corn Mixed Berry Lemon Cup Opt. Entrée Buffalo Chicken Wrap	9 Banana Bread Slice OR Cereal / Yogurt Chicken Strips Scalloped Potatoes Hot Roll W / Jelly Green Beans / Tossed Salad Cucumbers Slices / Fresh Cauliflower Fruit Cocktail Opt. Entrée Sriracha Chicken Salad	10 Sausage Cheese Biscuit OR Cereal / Crackers Pulled Pork on Bun Cole Slaw Baked Beans Sweet Potato Fries Baby Carrots / Grape Tomatoes Mandarin Oranges Opt. Entrée Veggie Hummus Wrap	11 Cereal Bar / String Cheese OR Cereal / Yogurt 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>	14 Pancake Stick W/ Syrup OR Cereal/ Crackers Chicken Alfredo Breadstick Garden Spinach Salad Baby Carrots Steamed Broccoli Peach Slices Opt. Caesar Chicken Salad	15 Strawberry Cream Cheese Mini Bagel OR Cereal Bar / String Cheese Chili / Crackers Cinnamon Roll Tossed Salad Baby Carrots / Celery Sticks Pickle Spears Pears Slices Opt. Entrée BLT Turkey Wrap	16 Ham & Cheese Bar OR Cereal / Yogurt Salisbury Steak Mashed Potatoes/ Gravy Hot Roll W / Jelly Tossed Salad / Green Pepper Strips Steamed Carrots Applesauce Opt. Entrée Hummus Veggie Salad	17 Biscuit & Gravy Or Cereal / Crackers Ribette on Bun Tossed Salad Onion Slices Red Pepper Strips / Cucumbers slices Baked Beans/ Roasted Veggies Tropical Fruit Opt. Entrée Veggie Wrap
<p>Menu items are subject to change without notice.</p>	21 NO SCHOOL	22 Mini Waffles / Yogurt OR Cereal / Crackers Crispito/ W Cheese Sauce Shredded Lettuce Diced Tomatoes Cucumber Slices Diced Peaches Opt. Entrée Hummus Veggie Wrap	23 Muffin/ Yogurt OR Cereal Bar / String Cheese Biscuit & Gravy Sausage Patty Tri Tater Mixed Vegetables / Tossed Salad Baby Carrots / Orange Wedges Opt. Entrée Fiesta chicken Salad	24 Cinni Minis OR Cereal / Crackers Turkey & Cheese Sub Lettuce Leaves/ Sliced Tomatoes Pickles / Onion Slices California Veggies / Tater Tots Green Pepper Strips / Pineapple Slices Opt. Entrée Caesar Wrap	25 Cinnamon Cream Cheese Mini Bagel OR Cereal Bar / String Cheese 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>	28 Breakfast Pizza OR Cereal Bar / String Cheese Spaghetti W / Meatsauce Breadstick / Tossed Salad Roasted Broccoli Baby Carrots / Sliced Cucumbers Pinapple Chunks Opt. Entrée Ham Chef Salad	29 Choc Chip Benefit Bar OR Cereal / Crackers Taco Salad Shredded Lettuce / Cheese Diced Tomatoes / Salsa Refried Beans / Corn Peach Slices Opt. Entrée Buffalo Chicken Wrap	30 Breakfast Burrito/ W Salsa OR Cereal / Crackers Chicken Steak Finger Mashed Potatoes / Gravy Hot Roll W / Jelly Green Beans / Tossed Salad Hawaiian Tropical Fruit Opt. Entrée Spicy Chicken Salad	31 Muffin / Yogurt OR Cereal Bar / String Cheese Cheese Burger on Bun Lettuce Leaves/ Tomato Slices Pickles / Onion Slices Baby Carrots/ French Fries Jello Apple Slices Opt. Entrée Sriracha Chicken Wrap	