

# January 2019

## WESTSIDE ELEMENTARY SCHOOL

### BREAKFAST



**School Information:** Each meal is served with a choice of Fat Free Chocolate or White Milk and a fruit & or Juice.  
USDA is an equal opportunity provider & employer



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

NO

1

SCHOOL

NO

2

SCHOOL

NO

3

SCHOOL

NO

4

SCHOOL

NO

7

SCHOOL

Toast & Cereal  
OR  
Sausage & Biscuit

8

Toast & Cereal  
OR  
Pancake on a Stick

9

Toast & Cereal  
OR  
Triple Berry Waffle

10

Toast & Cereal  
OR  
Goody Bun

11

Toast & Cereal  
OR  
Pop-Tart

14

Toast & Cereal  
OR  
Sausage & Biscuit

15

Toast & Cereal  
OR  
Pancake on a Stick

16

Toast & Cereal  
OR  
Triple Berry Waffle

17

Toast & Cereal  
OR  
Goody Bun

18

NO

21

SCHOOL

Toast & Cereal  
OR  
Sausage & Biscuit

22

Toast & Cereal  
OR  
Pancake on a Stick

23

Toast & Cereal  
OR  
Triple Berry Waffle

24

Toast & Cereal  
OR  
Goody Bun

25

Toast & Cereal  
OR  
Pop-Tart

28

Toast & Cereal  
OR  
Sausage & Biscuit

29

Toast & Cereal  
OR  
Pancake on a Stick

30

Toast & Cereal  
OR  
Triple Berry Waffle

31







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### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



NO 1  
SCHOOL

NO 2  
SCHOOL

NO 3  
SCHOOL

NO 4  
SCHOOL

NO 7  
SCHOOL

Pulled BBQ Chicken Sandwich 8  
Grilled Cheese  
Potato Wedges  
Broccoli W/ Dip  
Pears

Chicken Nuggets 9  
Hot Dog  
Mash Potatoes  
Green Beans  
W/G Roll  
Applesauce

Chicken-N-Noodles 10  
Grilled Cheese  
Steamed Broccoli  
Carrot Coins  
W/G Roll  
Strawberries

Ham & Cheese Sandwich 11  
Hot Dog  
French Fries  
Carrot Sticks W/ Dip  
Mixed Fruit

Vegetable Beef Soup 14  
Hot Dog  
Carrot Sticks  
W/G Crackers  
Peaches

Burrito 15  
Grilled Cheese  
Chips & Salsa  
Pinto Beans  
Mixed Berries

Spaghetti 16  
Hot Dog  
Carrot Coins  
Green Beans  
W/G Roll  
Raisins

BBQ Grilled Chicken Sandwich 17  
Grilled Cheese  
French Fries  
Pork-N-Beans  
Strawberries

Sloppy Joe 18  
Hot Dog  
Broccoli W/ Dip  
Tatar Tots  
Mixed Fruit

NO 21  
SCHOOL

Beef & Cheese Nachos 22  
Grilled Cheese  
Chips & Salsa  
Pinto Beans  
Applesauce

Turkey & Cheese Sandwich 23  
Hot Dog  
Potato Wedges  
Baked Beans  
Pears

Pork Roast 24  
Grilled Cheese  
Mash Potatoes  
Carrot Coins  
W/G Roll  
Peaches

BBQ Chicken Drummies 25  
Hot Dog  
French Fries  
Broccoli W/ Dip  
Mixed Fruit

Honey Mustard Chicken Sandwich 28  
Hot Dog  
French Fries  
Broccoli W/ Dip  
Raisins

Fajita Chicken Taco 29  
Grilled Cheese  
Chips & Salsa  
Pinto Beans  
Pears

Chicken Nuggets 30  
Hot Dog  
Mash Potatoes  
Green Beans  
W/G Roll  
Strawberries

Fried Bologna Sandwich 31  
Grilled Cheese  
French Fries  
Baked Beans  
Mixed Berries

