


January 2020

Please Note: Breakfast Milk choice includes a choice of non-fat (unflavored) or 1% (unflavored) milk,
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk
Reduced fat dressing is served with salads and fresh vegetables.
All Grain items are Whole Grain Rich

Mon	Tue	Wed	Thu	Fri
		1 	2 No School	3 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, Refried Beans, ½ Apple, Mandarin Oranges, Milk
6 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, , Pineapple, Milk	7 B'Fast – Pancake on Stick , Fruit, Juice, Milk Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Applesauce, Baby Carrots, Milk	8 B'Fast - Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk	9 B'Fast – Waffle Sticks, Cheese Sticks, Fruit, Juice & Milk Lunch – Scalloped Potatoes w/Ham, Peas, BB Sandwich, Banana, Pears, Milk	10 B'Fast – Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch – Cheddarwurst on Bun, Baked Beans, Baby Carrots, Cucumbers, ½ Apple, Mandarin Oranges, Milk
13 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Applesauce, Peaches, Milk	14 B'Fast -French Toast Sticks, Fruit, Juice, Milk Lunch- Elem: Soft Shell Taco, HS: Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, Fresh Fruit, Pears, Milk	15 B'Fast – Breakfast Wrap, Fruit, Juice, Milk Lunch – Chicken Patty on Bun, Curly Fries, , ½ Apple, Mandarin Oranges, Milk	16 B'Fast – Pancake on Stick , Fruit, Juice, Milk Lunch- Hot Ham/Cheese Sandwich, Tator Tots, Baby Carrots, Peaches, ½ Orange, Milk	17 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch – Salisbury Steak, Mashed Potatoes w/Gravy, Baby Carrots, BB Sandwich, Pears, Applesauce, Milk
20 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk Lunch – Chicken Fajita on Soft Shell, Green Beans, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Applesauce, Milk	21 B'Fast - Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch – Sub Sandwich, Romaine Spinach, Baked Beans, Baby Carrots, Fresh Fruit, Pears, Milk	22 B'Fast – Breakfast Pizza , Fruit, Juice, Milk Lunch – Pulled Pork on Bun, Tator Tots, Baby Carrots, Peaches, Applesauce, Milk	23 B'Fast – Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich, Pears, Fresh Fruit, Milk	24 B'Fast – Pancake on Stick , Fruit, Juice, Milk Lunch – Chili, Crackers, Cheese Sandwich, Baby Carrots, Applecrisp, Milk
27 B'Fast -French Toast Sticks, Fruit, Juice, Milk Lunch – Rib on a Bun, Wedge Fries, Baby Carrots, Peaches, Applesauce, Milk	28 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch Lasagna, Green Beans, Romaine/Spinach Lettuce, Bread Stick, Pears, Fresh Fruit, Milk	29 B'Fast – Scrambled Eggs, Toast, Fruit, Juice, Milk Lunch – Italian Chicken on Bun, Tator Tots, Celery, ½ Orange, Pears, Milk	30 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, Refried Beans, ½ Apple, Mandarin Oranges, Milk	31 B'Fast – Breakfast Wrap, Fruit, Juice, Milk Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk