

# January 2022

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
<p>3</p> <p>No School</p>	<p>4</p> <p>No School B'Fast - WG Biscuit Egg Cheese, Juice, Fruit, Milk</p>	<p>5</p> <p>B'Fast – Cooks Choice  Lunch – Cook's Choice</p>	<p>6</p> <p>B'Fast – WG Biscuits/Gravy, Sausage, Juice, Fruit, Milk  Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk</p>	<p>7</p> <p>B'Fast – Breakfast Pizza, Juice, Fruit, Milk  Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich Peaches, Banana, Milk</p>
<p>10</p> <p>B'Fast – Ham/Egg Combo, Toast, Juice Milk  Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, Pineapple, Milk</p>	<p>11</p> <p>B'Fast –Egg/Cheese Omelet, , Juice, Fruit, Milk  Lunch – Ham/Cheese Sandwich, Baked Beans, Baby Carrots, ½ Orange, Pears, Milk</p>	<p>12</p> <p>B'Fast - French Toast, Sticks, Juice, Fruit, Milk  Lunch – Chicken Patty on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk</p>	<p>13</p> <p>B'Fast - WG Biscuit Egg Cheese, Juice, Fruit, Milk  Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Peaches, Milk</p>	<p>14</p> <p>B'Fast – Waffle, Cheese Sticks, Juice, Fruit, Milk  Lunch – Salisbury Steak, Mashed Potatoes, BB Sandwich, Pears, Applesauce, Milk</p>
<p>17</p> <p>B'Fast - WG Biscuits/Sausage Gravy, Sausage, Juice, Fruit, Milk  Lunch- Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, Fresh Fruit, Pears, Milk</p>	<p>18</p> <p>B'Fast - Breakfast Pizza, Juice, Fruit, Milk  Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Apple Sauce, Peaches, Milk</p>	<p>19</p> <p>B'Fast - WG Egg Cheese Muffin, Juice, Fruit, Milk  Lunch – Pork Tender on Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk</p>	<p>20</p> <p>B'Fast - French Toast, Sticks, Juice, Fruit, Milk  Lunch-Chicken Strips, Tator Tots, Cucumbers, BB Sandwich, Peaches, Mixed Fruit, Milk</p>	<p>21</p> <p>B'Fast – Ham/Egg Combo, Toast, Juice Milk  Lunch – Chili, Cheese Sandwich, Baby Carrots, Crackers, Applecrisp, Milk</p>
<p>24</p> <p>B'Fast –Egg/Cheese Omelet, , Juice, Fruit, Milk  Lunch – Rib on a Bun, Wedge Fries, Baby Carrots, Pears, ½ Orange, Milk</p>	<p>25</p> <p>B'Fast – Breakfast Pizza, Juice, Fruit, Milk  Lunch Lasagna, Green Beans, Romaine/Spinach Salad, Bread Stick, Pineapple, Applesauce, Milk</p>	<p>26</p> <p>B'Fast – Pancake on Sticks, Juice, Fruit, Milk  Lunch – BBQ Pork on Bun Tator Tots, Banana, Peaches, ½ Orange, Milk</p>	<p>27</p> <p>B'Fast – Ham/Egg Combo, Toast, Juice Milk  Lunch – Cream Chicken Biscuits, Peas, Fresh Fruit, Applesauce, Milk</p>	<p>28</p> <p>B'Fast - WG Biscuit Egg Cheese, Juice, Fruit, Milk  Lunch – Hot Dog on Bun, Baked Beans, Baby Carrots, Banana, Pears, Milk</p>
<p>31</p> <p>B'Fast - French Toast, Sticks, Juice, Fruit, Milk  Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, Pineapple, Milk</p>				

