

January

This Institution is an equal opportunity provider.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1% white milk, skim white milk, fat free chocolate milk offered for every meal.		3/ Breakfast: Scrambled Eggs & Toast Lunch: Popcorn Chicken, Mashed Potatoes, Carrot Sticks w/ LC Ranch, Apple Slices Alternate: Ham & Cheese w/ WG Bun	4/ Breakfast: Yogurt Parfait Lunch: Beef & Noodles, Green Beans, Dinner Roll, Diced Pears Alternate: Chicken Salad w/ WG Bun	5/ Breakfast: Pancakes Lunch: Hot Ham & Cheese, Baked Beans, Toss Salad, Raisels Alternate: Combo Sub w/ WG Bun	6/ Breakfast: Mini Cini Lunch: Cheesy Pull-Apart, Marinara, Fresh Broccoli w/ LC Ranch, Diced Peaches, Cookie Alternate: Turkey Wrap	
		9/ Breakfast: Muffin Lunch: Sloppy Joe w/ WG Bun, Potato Smiles, Celery Sticks w/ LC Ranch, Fruit Cocktail Alternate: Cold Ham w/ WG Bun	10/ Breakfast: Waffles Lunch: Chicken Quesadilla, Salsa, Corn, Applesauce Cup Alternate: Egg Salad w/ WG Bun	11/ Breakfast: Breakfast Burrito Lunch: Scalloped Potatoes & Ham, Green Beans, Bread & Butter, Diced Pears Alternate: Turkey-Ham-Cheese w/ WG Bun	12/ Breakfast: Pancake/Sausage Stick Lunch: Breaded Pork Steak w/ WG Bun, Baked Beans, Coleslaw, Pineapple Tidbits Alternate: Turkey & Cheese Wrap	13/ Breakfast: McJ-Hawk Lunch: Pizza Round, Carrot Sticks, Romaine w/ LC Ranch, Fresh Kiwi, Sherbet Alternate: Tuna Salad w/ WG Bun	
15/			17/ Breakfast: Mini Breakfast Bites Lunch: Cheeseburger w/ WG Bun (cheese is optional), Hashbrown, Celery Sticks w/ LC Ranch, Applesauce Alternate: Ham & Cheese w/ WG Bun	18/ Breakfast: Breakfast Combo Link Lunch: Chicken Drumstick, Mac&Cheese, Carrot Sticks w/ LC Ranch, Frozen Fruit Cup Alternate: Combo Sub w/ WG Bun	19/ Breakfast: Biscuits & Gravy Lunch: Breaded Corn Dog, Baked Beans, Cucumber Slices w/ LC Ranch, Diced Peaches Alternate: Chicken Salad w/ WG Bun	20/ Breakfast: Long John Lunch: Pizza Crunchers, Marinara, Fresh Broccoli w/ LC Ranch, Pineapple Tidbits, Brookie Alternate: Turkey & Swiss w/ WG Bun	21/
22/		23/ Breakfast: Pop Tart Lunch: Breaded Chicken Patty w/ WG Bun, Steamed Carrots, Cucumber Slices w/ LC Ranch, Banana Alternate: Egg Salad w/ WG Bun	24/ Breakfast: French Toast Sticks Lunch: Beef Taco Stick, Lettuce, Diced Tomatoes, Apple Slices Alternate: Cold Ham w/ WG Bun	25/ Breakfast: Snackbread Lunch: Chilli, Mini Cini, Crackers, Celery Sticks w/ LC Ranch, Diced Pears Alternate: Turkey Cheese Wrap	26/ Breakfast: Breakfast Bar Lunch: Hot Dog w/ WG Bun, Baked Beans, Potato Salad, Raisels Alternate: Tuna Salad w/ WG Bun	27/ Breakfast: Mini Donuts Lunch: Stuffed Crust Pizza, Marinara, Romaine w/ LC Ranch, Diced Peaches, Cookie Alternate: Ham & Cheese w/ WG Bun	28/
29/		30/ Breakfast: Fruit Frudel Lunch: Grilled Cheese, Sun Chips, Peas, Carrot Sticks w/ LC Ranch, Applesauce Alternate: Turkey-Ham-Cheese w/ WG Bun	31/ Breakfast: Breakfast Pizza Lunch: Chicken Nuggets, Mac&Cheese, Fresh Broccoli w/ LC Ranch, Raisels Alternate: Turkey-Ham-Cheese w/ WG Bun				

BREAKFAST options includes cereal variety, oatmeal, toast, applesauce, orange, orange juice, apple juice, grape juice fresh fruit variety.

SALAD BAR offered for grades 5-12 daily. Items may include lettuce, fresh fruits and vegetables, canned fruits, diced eggs, diced ham, pasta salads, yogurt

menus are subject to change