




**ENOSBURG FALLS/ MIDDLE HIGH SCHOOL
JANUARY 2019**



MONDAY <i>31-Dec</i>	TUESDAY <i>1-Jan</i>	WEDNESDAY <i>2-Jan</i>	THURSDAY <i>3-Jan</i>	FRIDAY <i>4-Jan</i>
	HAPPY NEW YEAR	Sausage & cheese on WW E Mufn cereal, Yogurt, Bagel, Banana, Juice Deli bar OR Corn Dogs, Sweet potato fries, Cucumbers, Green Beans Choice of 2 fruits	Whl grain choc chip muffin, bagel, Cereal, juice, berries Pizza bar OR deli bar OR Sausage & Peppers on Sub Roll Fr Fries, Caesar Salad Choice of 2 fruits	Cinnamon Bun cereal, Yogurt, Bagel, Grpfrtt, Juice Deli Bar OR Tacos Refried Beans, Corn Mesclun Salad, Churros Choice of 2 fruits
7-Jan Stuffed Bagel, bagel or Cereal + Yogurt, grapes, Juice Pizza bar OR deli bar OR Fish Sticks, Mashed Potatoes, Maple Carrots Wh Grn Roll, Romaine & tomatoes Choice of 2 fruits	8-Jan Breakfast Pizza, or Bagel, or cereal, Toast, juice, berries Deli bar OR Minestrone Soup, Italian Dunkers, Caesar Salad, Harvard Beets Choice of 2 fruits	9-Jan Sausage & cheese on WW Biscuit cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Spaghetti & Meatsauce, Garlic Stick Broccoli & Cheese Choice of 2 fruits	10-Jan Yogurt Parfait w/ berries, bagel, Cereal, Oatmeal, juice, Melon Pizza Bar OR Deli Bar, OR Chicken & Biscuits Green Beans Tri Color Peppers & Ranch Dip Choice of 2 fruits	11-Jan Cinnamon bun+ yogurt, bagel, cereal & Yogurt, Bagel, Aplsce, Juice Deli Bar OR Turkey, Tuna, Ham or Egg Salad on a Sub Roll Sun Chips, Cucumbers Choice of 2 fruits
14-Jan Maple Waffles & Syrup, Bagel, yogurt, Cereal, Juice, Oranges Deli Bar or Cheese Quesadilla, Refried Beans, Brown Rice, Corn 2 kinds of fruit	15-Jan Pancake Sausage Stick, Bagel, Cereal, & toast, Juice, Fruit Deli Bar OR Cheezy Dog on a roll, Fries, Baked beans, Veggie Tray Choice of 2 Fruits	16-Jan Sausage & cheese on Whl Gr Bagel, cereal & Yogurt, bagel, Juice, berries Deli bar OR Lunch Around Pizza, Broccoli & Cheese, Caesar Salad, Choice of 2 fruits	17-Jan Oatmeal or cereal & yogurt parfait, bagel, juice, melon Deli Bar OR Pizza OR Chicken Nuggets, Carrots, Baked Potato, Garden Salad 2 Fruits, Ice cream sandwich	18-Jan Breakfast Sliders cereal & Yogurt, bagel, Juice, berries Cereal + Yogurt, Juice, Banana HornetsBurger w/ Cheese Fr Fries, Cole Slaw Choice of 2 fruits
21-Jan NO SCHOOL	22-Jan Banana Bread, Cereal & Toast, Toast, Oranges, Juice Deli Bar OR Pizza OR Pulled Pork, Potato Pancakes Salad, Beans, Baby Beets Choice of 2 fruits	23-Jan Sausage & cheese on Whl Gr Bagel, cereal & Yogurt, bagel, Juice, berries Deli bar OR Whl gr pasta & meat balls, Caesar Salad, Garlic Bread Stick Choice of 2 fruits	24-Jan Oatmeal or cereal & Mini Pancakes bagel, juice, melon Deli Bar OR Pizza OR Scalloped Potatoes & Turkey WW Roll, Spinach Salad Choc chip cookie, 2 fruits	25-Jan Whole Grain Donut bagel or cereal & yogurt , Grapefruit Deli Bar or Chicken Fingers, Potato Wedges Broccoli & Cheese Choice of 2 fruits



Milk served with all meals: fat free choc or strawberry, OR 1%, Menu subject to change Chef salad offered daily if ordered by 9 am. Sandwich bar offered daily

This Institution is an Equal Opportunity Provider

