

DEMOPOLIS CITY SCHOOLS MENUS

January-19

DEMOPOLIS MIDDLE SCHOOL

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 NO STUDENTS
7 MUFFIN SAUSAGE LINKS CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	8 FRENCH TOAST HAM YOGURT CEREAL FRUIT JUICE FRUIT CHOICE OF MILK	9 GRITS AND EGG BOAT SAUSAGE YOGURT CEREAL FRUIT JUICE FRUIT CHOICE OF MILK	10 BISCUIT SAUSAGE YOGURT CEREAL FRUIT JUICE FRUIT CHOICE OF MILK	11 CROISSANT SAUSAGE & EGG YOGURT CEREAL FRUIT JUICE FRUIT CHOICE OF MILK
14 BISCUIT SAUSAGE CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	15 BREAKFAST PIZZA CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	16 PANCAKES HAM CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	17 CHEESE TOAST EGG OMELET CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	18 WAFFLE SAUSAGE LINKS CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK
21 MARTIN LUTHER KING, JR. HOLIDAY	22 WAFFLE HAM YOGURT CEREAL FRUIT JUICE FRUIT CHOICE OF MILK	23 BISCUIT SAUSAGE CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	24 PANCAKES HAM CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	25 CINNAMON TOAST SAUSAGE PATTY CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK
28 MUFFIN SAUSAGE LINKS CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	29 FRENCH TOAST HAM YOGURT CEREAL FRUIT JUICE FRUIT CHOICE OF MILK	30 GRITS & EGG BOAT SAUSAGE CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	31 BISCUIT SAUSAGE CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK	1 CROISSANT SAUSAGE PATTY CEREAL YOGURT FRUIT JUICE FRUIT CHOICE OF MILK

This menu is subject to change.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

DEMOPOLIS CITY SCHOOLS MENUS

January-19

DEMOPOLIS MIDDLE SCHOOL

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 NO STUDENTS
7 SPICY CHICKEN PATTY HAM & CHEESE ROLL SQUASH GREEN BEANS SWEET POTATOES ROLL MIXED FRUIT CHOICE OF MILK	8 CRISPITOS MEAT LOAF BLACK-EYED PEAS CORN CUT OKRA CORNBREAD PEARS CHOICE OF MILK	9 SALISBURY STEAK ASIAN CHICKEN BABY CARROTS STEAMED BROCCOLI BROWN RICE/GRAVY ROLL PINEAPPLE CHOICE OF MILK	10 CHICKEN SANDWICH B.B.Q. SANDWICH GREEN SALAD/DRESSING MIXED VEGETABLES BAKED POTATO PEACHES CHOICE OF MILK SOUR CREAM/RANCH	11 PIZZA CHICKEN SALAD CALIFORNIA VEGETABLES SWEET PEAS TOMATO SLICES CRACKERS/COB CORN APPLE CHOICE OF MILK
14 SWEET & SOUR CHICKEN STEAK NUGGETS GARDEN SALAD BLACK-EYED PEAS BROWN RICE/GRAVY CORNBREAD FRUIT CHOICE OF MILK	15 FISH NUGGETS QUESADILLA COLE SLAW BAKED BEANS OKRA & TOMATOES HUSHPUPIES ORANGE CHOICE OF MILK	16 CHILI/CRACKERS TURKEY SANDWICH STEAMED BROCCOLI BAKED POTATO GARDEN SALAD PEACHES CHOICE OF MILK	17 GRILLED CHICKEN FAJITA BEEF TACO LETTUCE,TOMATO, CHEESE CUT CORN SEASONED PINTO BEANS HASHBROWNS FRUIT/SALSA CHOICE OF MILK	18 CHEESEBURGER PIZZA LETTUCE & TOMATO BAKED BEANS FRENCH FRIES FRUIT CHOICE OF MILK
21 MARTIN LUTHER KING, JR. HOLIDAY	22 HAM & CHEESE SANDWICH CRISPITOS LETTUCE & TOMATO GREEN BEANS SWEET POTATO FRIES PEACHES CHOICE OF MILK	23 BBQ PORK SANDWICH CORN DOG BROCCOLI & CHEESE BAKED POTATO GARDEN SALAD PEARS CHOICE OF MILK	24 CHICKEN TENDERS TURKEY & CHEESE WRAP SWEET PEAS CALIFORNIA VEGETABLES CREAMED POTATOES ROLL SPICED APPLES CHOICE OF MILK	25 MEXICAN BURRITO GRILLED CHICKEN FAJITA TORTILLA LETTUCE,TOMATO, CHEESE BROWN RICE SEASONED PINTO BEANS FRUIT CHOICE OF MILK
28 BAKED FISH BREADED CHICKEN PATTY SEASONED TURNIP GREENS BLACK-EYED PEAS SQUASH CORNBREAD MUFFINS FRUIT CHOICE OF MILK	29 SPICY CHICKEN PATTY SPAGHETTI W/MEAT SAUCE BABY CARROTS GREEN SALAD/DRESSINGS GREEN PEAS ROLL JELL-O W/FRUIT CHOICE OF MILK	30 PANCAKES/SYRUP LINK SAUSAGE EGGS TATOR TOTS SLICED TOMATOES FRUIT JUICE MILK	31 PIZZA CHICKEN ALFREDO PEAS & CARROTS WHOLE KERNEL CORN SPINACH SALAD/DRESSING ROLL FRUIT CHOICE OF MILK	1 CHICKEN NUGGETS HOTDOG GREEN SALAD/DRESSING BAKED BEANS BAKED FRIES ORANGE CHOICE OF MILK

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