

Menus for January 2019



This institution is an equal opportunity provider. Menus are subject to change.



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

Breakfast Lunch
\$1.40 **\$2.50**

Learn more about free and reduced-price meals: Insert preferred contact phone, email, or web site

Wednesday, January 2

Breakfast

Bacon & Cheese Bagel
Mixed Berries

Lunch

Jumbo Taco
Lettuce & Tomato
Seasoned Sweet Peas
Black Bean Salsa w/w/o Chips
Chilled Applesauce

Alternate Entrees

Meat Ball Sub w/w/o Bun
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Thursday, January 3

Breakfast

Blue Berry Muffin Top
Peaches

Lunch

Cheesy Bread Sticks
w/w/o Dipping Sauce
Tossed Salad-Seasoned Corn
Fresh Banana
Vanilla Wafers

Alternate Entrees

BBQ Rib w/w/o Bun
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Friday, January 4

Breakfast

Pancake & Sausage Stick
Applesauce

Lunch

Turkey & Cheese
Pretzel Roll Sandwich
Lettuce & Tomato
Sweet Potato Fries
Mixed Berries

Alternate Entrees

Corn Dog
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Available Daily

Breakfast

Alternate Entrees: assort cold cereals, cereal bars & yogurt

Daily juice choices: orange, apple & grape

At breakfast...students MUST choose a fruit and two other menu items to qualify as a meal. Additional items chosen above the four item limit will be charged ala carte.

Lunch

At lunch...students MUST choose a fruit or vegetable and two other menu items to qualify as a meal.

Additional items chosen above the five item limit will be charged ala carte.

Daily milk choices: 1% white and strawberry, skim, fat free chocolate & vanilla

Monday, January 7

Breakfast

Cheesy Croissant
Mixed Fruit

Lunch

Macaroni & Cheese
Seasoned Broccoli
Dinner Roll
Blushed Pears

Alternate Entrees

Hamburger w/w/o Bun
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Tuesday, January 8

Breakfast

Breakfast Donut
Pineapple

Lunch

BBQ Pulled Pork Sandwich
Onion Rings
Seasoned Corn
Pineapple Tidbits
Cinnamon Gold Fish Graham

Alternate Entrees

Hot Dog w/w/o Bun
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Wednesday, January 9

Breakfast

Pancakes-Sausage Link
Mandarin Oranges

Lunch

Chicken Tenders
Orange Glazed Carrots
Dinner Roll
Mixed Fruit

Alternate Entrees

Meat Ball Sub w/w/o Bun
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Thursday, January 10

Breakfast

Sausage Breakfast Pizza
Pears

Lunch

Wildcat Hoagie
Lettuce & Tomato
Pasta Fagioli Soup
Spicy Curly Fries
Fresh Orange Quarters

Alternate Entrees

BBQ Rib w/w/o Bun
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad

Friday, January 11

Breakfast

Cheesy Scrambled Eggs
Bagel Half —Applesauce

Lunch

French Bread Pizza
Seasoned Green Beans
Diced Peaches
Apple Crisp

Alternate Entrees

Corn Dog
Chicken Patty w/w/o Bun
PBJ, Chef or Tuna Salad