

DB Excel (11:00-12:30) ~ JANUARY 2019 MENU

Pricing:

Breakfast: \$1.50

Lunch \$2.60

Ala Carte prices range from \$.50 - \$3.50

LUNCH Menu for Week of JANUARY 7th thru JANUARY 11th (Week 2) Lines 1, 2, and 3

Monday (W2D1)	Tuesday (W2D2)	Wednesday (W2D3)	Thursday (W2D4)	Friday (W2D5)
IN-SERVICE NO SCHOOL	<p style="text-align: center;">Breakfast</p> <p>Egg & Cheese Croissant (28) Orange Juice / Banana (22)</p> <p style="text-align: center;">Lunch</p> <p>Hot Dog with Chili(33) Tater Tots (15) Baked Beans (36) Creamy Coleslaw (9) MM Fruit Salad (38) Pineapple(19)</p>	<p style="text-align: center;">Breakfast</p> <p>Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)</p> <p style="text-align: center;">Lunch</p> <p>Gen Tso's Chic Noodle Bowl (54) Egg Roll(22) Stir Fry Vegetables (3) Glazed Carrots (16) Garden Veggie Cup (3) MixBerryCup(30)Orange Wedges(8)</p>	<p style="text-align: center;">Breakfast</p> <p>Ham Cheese Croissant (28) Orange Juice / Pears(23)</p> <p style="text-align: center;">Lunch</p> <p>Corndog Nuggets (40) Steamed Broccoli(5) Corn Niblets (5) Vegetable Cup (3) Fruit Slush(20)Blushing Pears (23)</p>	<p style="text-align: center;">Breakfast</p> <p>Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)</p> <p style="text-align: center;">Lunch</p> <p>Chicken Fries(15)Sauce*Roll (27) Mashed Potatoes (22) California Blend Veg(3) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (20)</p>

LUNCH Menu for Week of JANUARY 14th thru JANUARY 18th (Week 3) Lines 1, 2, and 3

Monday (W3D1)	Tuesday (W3D2)	Wednesday (W3D3)	Thursday (W3D4)	Friday (W3D5)
<p style="text-align: center;">Breakfast</p> <p>Sausage Biscuit (26) Apple juice / Pineapple tidbits (19)</p> <p style="text-align: center;">Lunch</p> <p>Chicken Parmesan Sandwich (43) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Applesce(13) Pineapple tidbits(19)</p>	<p style="text-align: center;">Breakfast</p> <p>Egg & Cheese Croissant (28) Orange Juice / Peaches(18)</p> <p style="text-align: center;">Lunch</p> <p>Taco Salad (40) Corn Niblets (5) Black Beans (15) Cucumber/Tomato Cup (3) Fruit Slushie(20) Peach Cup (30)</p>	<p style="text-align: center;">Breakfast</p> <p>Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)</p> <p style="text-align: center;">Lunch</p> <p>Lasagna Roll(35)&Garlic Bread(14) Steamed Broccoli(5) Glazed Carrots (16) Leafy Green Salad (2) Apple(12) Carmel(19) Craisins (28)</p>	<p style="text-align: center;">Breakfast</p> <p>Ham Cheese Croissant (28) Orange Juice / Pears(23)</p> <p style="text-align: center;">Lunch</p> <p>Cheesy Chicken Quesadilla (35) Southwestern Beans (15) Corn Niblets (5) Celery/Green Pepper Cup (3) Fruit Slush(20)Blushing Pears (23)</p>	<p style="text-align: center;">Breakfast</p> <p>Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)</p> <p style="text-align: center;">Lunch</p> <p>H&SChick Fries(18)*Sauce/Roll(27) Roasted Potato Wedges (22) California Blend Veg(3) Baby Carrot Cups (8) Fruit Gelatin (20) Raisels (35)</p>

LUNCH Menu for Week of JANUARY 21st thru JANUARY 25th (Week 1) Lines 1, 2, and 3

Monday (W1D1)	Tuesday (W1D2)	Wednesday (W1D3)	Thursday (W1D4)	Friday (W1D5)
MLK DAY - NO SCHOOL	<p style="text-align: center;">Breakfast</p> <p>Egg & Cheese Croissant (28) Orange Juice / Banana (22)</p> <p style="text-align: center;">Lunch</p> <p>Bacon Cheeseburger (31) Tater Tots (15) Baked Beans (36) Cucumber/Tomato Cup (3) Peach Cup(30)Mixed Grapes(8)</p>	<p style="text-align: center;">Breakfast</p> <p>Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)</p> <p style="text-align: center;">Lunch</p> <p>Chick Drumsticks(10)&Biscuit(27) Mashed Potatoes (22) Corn Niblets (5) Vegetable Cup (3) Strawberry Cup(33) Pears (23)</p>	<p style="text-align: center;">Breakfast</p> <p>Ham Cheese Croissant (28) Orange Juice / Pineapple (19)</p> <p style="text-align: center;">Lunch</p> <p>Cheese Sticks (33) Marinara (6) Steamed Broccoli(5) Glazed Carrots (16) Leafy Green Salad (2) Fruit Slushie(20)Pineapple(19)</p>	<p style="text-align: center;">Breakfast</p> <p>Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)</p> <p style="text-align: center;">Lunch</p> <p>Chick Poppers(17)Sauce*Roll (27) Mashed Potatoes (22) Steamed Peas(11) Baby Carrot Cups (8) Fruit Gelatin (20) Craisins (28)</p>

LUNCH Menu for Week of JANUARY 28th thru FEBRUARY 1st (Week 2) Lines 1, 2, and 3

Monday (W2D1)	Tuesday (W2D2)	Wednesday (W2D3)	Thursday (W2D4)	Friday (W2D5)
**Breakfast Sausage Biscuit (26) Apple Juice / Sliced Peaches (18)	Breakfast Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Breakfast Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Breakfast Ham Cheese Croissant (28) Orange Juice / Pears(23)	Breakfast Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)
Lunch Hot & Spicy Chicken Sandwich (43) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Peaches (18) Fruit Slushie (20)	Lunch Hot Dog with Chili(33) Tater Tots (15) Baked Beans (36) Creamy Coleslaw (9) MM Fruit Salad (38) Pineapple(19)	Lunch Gen Tso's Chic Noodle Bowl (54) Egg Roll(22) Stir Fry Vegetables (3) Glazed Carrots (16) Garden Veggie Cup (3) MixBerryCup(30)Orange Wedges(8)	Lunch Corndog Nuggets (40) Steamed Broccoli(5) Corn Niblets (5) Vegetable Cup (3) Fruit Slush(20)Blushing Pears (23)	Lunch Chicken Fries(15)Sauce*Roll (27) Mashed Potatoes (22) California Blend Veg(3) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (20)

Numbers in parenthesis () indicate the carb counts for the item listed

USDA is an equal opportunity provider.

Available Daily:	
Fruit & Yogurt Parfait(72)	Salads, Various
Assorted Fast Pack (86)	PB & J Uncrustables (33)
Asst. Deli Sandwich Box(65) (Roast Beef, Ham,Turkey)	
Variety of Fruit and Fresh Vegetables	
Chips (lg. & sm.) & Assorted Grains	
Cereal bars, Rice Krispy Treats	
Fruit Roll Ups (11)	Fresh Baked Cookies(24)
Bottled water - assorted flavored and unflavored	
G2	Powerade "Ice" Drink
Milk - variety	

These Lunch choices available on a daily basis:	
Sandwiches (30) Ham Turkey Roast Beef Chicken Salad Fast Packs(46) & PBJ Fast Packs (86)	Grab & Go Salads: Chef and Grilled Chicken (46) Fruit & Yogurt Parfait (72) (counts as a meal)
Milk Choices offered with breakfast and lunch daily	
1% milk (11), Skim milk (12), Chocolate milk (24), Strawberry milk (22)	
These Breakfast choices available on a daily basis:	
Cereal (14-25), Asst Fruits (12-20) and Beverages, 100% Fruit Juices (13-19)	

Loaded Baked Potatoes(40) now available on Monday, Wednesday & Friday



REMINDER:
All breakfasts/lunches must contain a fruit or vegetable.
For more information about meals, nutrition, and our online payment system, visit our website at www.k12k.com