






January, 2019 Breakfast and Lunch



MONDAY Wich	Taco TUESDAY	Dessert WEDNESDAY	Mashed THURSDAY	Finger Food FRIDAY
B-Cereal, peanut butter & jelly on toast, mixed fruit, 100% juice cup L-Fish square-22 bun-21 Smiley potatoes-21 Steamed mixed vegetables-15 Peaches-15 7 K, M, T	B-Oatmeal, maple French toast sticks, peaches, 100% juice cup L-Cheese quesadilla-22 salsa-2 Spanish rice-44 Sweet corn-15 Fresh orange wedges-41 8	B-Cheese omelet, toast, pears, 100% juice cup L-Corn dog-27 baked beans-15 Fresh broccoli-8 ranch cup-11 Cinnamon applesauce-15 Chocolate chip cookies-24 9 K, M	B-Biscuits & gravy, ham patty, cinnamon applesauce, 100% juice cup L-Chicken n noodles-28 Dinner roll-15 Mashed potatoes-10 gravy-6 Green beans-7 mixed fruit-17 10	B-Cereal, cherry frudel, mixed fruit, 100% juice cup L-Pepperoni bosco sticks-35 Original sun chips-8 Carrot sticks-1 Apple wedges-7 11
B-Cereal, fruit muffin, cheese slices, mandarin oranges, 100% juice cup L-Beef patty-0 bun-21 cheese slice on side-0 smiley potatoes-24 Steamed mixed vegetables-15 Mandarin oranges-20 14 K, M, P	B-Oatmeal, sausage links, mandarin oranges, 100% juice cup L-Taco meat-3 tortilla bowl-13 Lettuce-1 cheese-0 salsa-2 Sweet corn-15 Pineapples-15 15	B-Scrambled eggs, biscuit w/jelly, pineapples, 100% juice cup L-Popcorn chicken-24 Sliced bread-17 steamed broccoli-4 Coleslaw-18 mixed fruit-17 Blueberry shortcake biscuit-45 16 K, BBQ	B-Biscuits & gravy, ham patty, mixed fruit, 100% juice cup L-Country fried steak-52 Dinner roll-15 Mashed potatoes-10 gravy-6 Green beans-7 peaches-15 17	B-Cereal, breakfast sausage pizza, peaches, 100% juice cup L-Stuffed crust cheese pizza-35 Sweet potato crinkles-22 Cucumber slices-5 ranch cup-11 Raisins-15 18 K
 Martin Luther King Jr. Day NO SCHOOL 21	B-Oatmeal, pancake w/syrup, cinnamon applesauce, 100% juice cup L-Beef & bean burrito-25 salsa-2 Seasoned Mexican rice-46 Corn on cob-15 peaches-15 22	B-Egg patty & cheese slice on bun, peaches, 100% juice cup L-Tomato soup-21 ½ grilled cheese sandwich-17 goldfish crackers-14 pineapples-15 Apple bosco stick-26 glazed icing-11 23	B-Biscuits & gravy, ham patty, pineapples, 100% juice cup L-Chicken Alfredo-30 Garlic bread-15 mashed potato-10 Gravy-6 romaine salad-6 Italian dressing-18 mixed fruit-17 24	B-Cereal, banana bread loaf, mixed berry cup, 100% juice cup L-Pretzel stick-26 cheese cup-6 Oven fries-21 Celery stick-2 peanut butter cup-7 Apple wedges-7 25 K
B-Cereal, fruit muffin, cheese slices, Cinnamon apple slices, 100% juice cup L-Tenderloin-24 bun-21 Potato wedges-21 Steamed mixed vegetables-15 Pears-15 28 K, M, P	B-Oatmeal, cinnamon roll w/icing, pears, 100% juice cup L-Chicken fajita-0 wrap-15 Cheese-0 lettuce-0 salsa-2 Sweet corn-15 Pineapples-15 29	B-Scrambled eggs, toast, pineapples, 100% juice cup L-Macaroni-32 cheese-0 Peanut butter & jelly sandwich-31 Bell pepper sticks- 7 ranch cup-11 Banana-27 No baked cookies-32 30	B-Biscuits & gravy, ham patty, mandarin oranges, 100% juice cup L-Salisbury steak-14 Sliced bread-7 Au Gratin potatoes-25 Green beans-7 peaches-15 31	
CONDIMENTS+CARBS K -ketchup-2 T -tarter sauce-2 PR -pickle relish-2 P -pickles-0 M -mustard-0 BBQ -bbq sauce cup-10				A la Carte Menu-Cash Only PLEASE Extra meal-\$2.15 Extra milk-\$.35 Extra entrée-\$1.00 Extra side-\$.50 Extra salad dressing cup-\$.25 Adult B-fast \$1.60 Lunch-\$2.50

-- Carbohydrates *Milk-White-11, Chocolate-28 1% White or F. Free chocolate milk is included with all meals made at the school. If your child brings a lunch from home, he/she may purchase milk for \$.35. Menus are subject to change. Thank you, Ms Davis 698-3604 .Please call me if you have any questions.