JANUARY BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO SCHOOL
4 BREAKFAST: Waffle Sticks & Sausage Links OR Oatmeal Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Chicken Tetrazzini Peas Glazed Carrots Pears Chocolate Chip Cookie MS & HS Alt: Grilled Cheese	5 BREAKFAST: Breakfast Pizza OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Stromboli Romaine Lettuce Tomatoes & Cucumbers Apple Slices w/sunbutter MS & HS Alt: Vegetable Stromboli	6 BREAKFAST: Sausage Gravy & Biscuit OR Yogurt Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Hamburger Potato Wedges Steamed Cauliflower w/Cheese Watermelon Peaches MS & HS Alt: BBQ Rib Sandwich	7 BREAKFAST: Cheese Omelet OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Walking Taco Lettuce-Tomato-Shredded Cheddar Salsa & Sour Cream Fiesta Beans Red & Green Pepper Strips w/Ranch Summer Fruit Salad MS & HS Alt: Chicken Enchilada	8 BREAKFAST: Fruit Pastry OR Yogurt Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Applesauce Dinner Roll MS & HS Alt: Fish Sandwich
11 BREAKFAST: Mini Pancakes OR Oatmeal Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Hot Dog Potato Triangle Green Beans Pineapple MS & HS Alt: Chicken Fried Rice	12 BREAKFAST: Breakfast Pizza OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Chicken Strip Wrap Lettuce-Tomato-Shredded Cheddar Fresh Baby Carrots Green Grapes Pears MS & HS Alt: Philly Cheese Steak	13 BREAKFAST: Ham & Cheese on a Bagel OR Yogurt Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: BBQ Pork Sandwich Oven Roasted Potatoes Baked Beans Cole Slaw Applesauce w/strawberries & bananas MS & HS Alt: Maidrite	14 BREAKFAST: Combo Bars OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Orange Chicken Brown Rice Steamed Broccoli Fresh Pineapple Mandarin Oranges Snickerdoodle MS & HS Alt: Beef & Noodles	15 BREAKFAST: Fruit Pastry OR Yogurt Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Spaghetti w/ meat sauce-ES Spaghetti w/sauce-MS & HS Meatballs on side Lettuce w/ Spinach Tomatoes Bread Stick Mixed Fruit MS & HS Alt: Taco Soup w/Fritos
18 BREAKFAST: French Toast Sticks OR Oatmeal Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Breaded Chicken Sandwich Chili Roasted Sweet Potatoes Steamed Cauliflower Peaches MS & HS Alt: Meatball Sub	19 BREAKFAST: Breakfast Pizza OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Beef/Bean Nachos and Cheese Sauce w/ Tortilla Chips Black Bean & Corn Salsa Beets Honey Dew Melon Pineapple MS & HS Alt: Chicken & Cheese Quesadilla	20 NO SCHOOL	21 BREAKFAST: Pancake/Sausage on a Stick OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Cheese Pizza-ES Cheese, Sausage, or Chicken Ranch Pizza-MS & HS Romaine Lettuce Fresh Baby Carrots Citrus Fruit Salad NO ALT	22 BREAKFAST: Fruit Pastry OR Yogurt Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Chicken Nuggets Mashed Potatoes & Gravy Steamed Asparagus Fresh Strawberries Pears Dinner Roll MS & HS Alt: Salisbury Steak
25 BREAKFAST: Waffle Sticks & Sausage Links OR Oatmeal Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Breaded Pork Pattie Sandwich Savory RIce Steamed Broccoli w/Cheese Peaches MS & HS Alt: Chicken Vegetable Egg Roll	26 BREAKFAST: Breakfast Pizza OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Chicken Gravy w/ Biscuit Peas Steamed Carrots Red Grapes Pineapple MS & HS Alt: French Dip	27 BREAKFAST: Oatmeal Muffin Square OR Yogurt Fruit, Juice, & Milk Choices LUNCH: French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Orange Juice Apple Salad NO ALT	28 BREAKFAST: Cheese Omelet OR Bagel w/cream cheese Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Fajita Chicken Wrap Lettuce-Shredded Cheddar Salsa & Sour Cream Black Beans Corn Watermelon Pears MS & HS Alt: Fish Taco	29 BREAKFAST: Fruit Pastry OR Yogurt Variety of Grain Choices Fruit, Juice, & Milk Choices LUNCH: Mozzarella Cheese Sticks w/ marinara sauce Romaine Lettuce Cucumbers & Tomatoes Mixed Fruit Chocolate Chip Cookie MS & HS Alt: Chicken Panini