

# January 2019

This Institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1/ NO SCHOOL	2/ NO SCHOOL	3/ BREAKFAST: Poptart LUNCH: Breaded Chicken Patty WG/Bun, Baked Chips, Steamed Carrots, Celery Stix, Mixed Fruit ALTERNATE: Tuna WG/ Bun	4/ BREAKFAST: Omelet/Toast LUNCH: Pizza Wedge, Marinara, Toss Salad/ Dressing, Pineapple, Ice Cream ALTERNATE: Ham & Cheese/WG Bun	
	7/ BREAKFAST: Fruit Frudel LUNCH: Pancakes, Sausage Patty, Hash Brown, Apple Slices ALTERNATE Egg Salad/WG Bun:	8/ BREAKFAST: Bagel/Cream Cheese LUNCH: Hamburger/WG Bun, Tomato Slices, Corn, Applesauce ALTERNATE: Turkey/WG Bun	9/ BREAKFAST: Breakfast Slider LUNCH: Chicken Strips, Mashed Potatoes/Gravy, Green Beans, Dinner Roll, Pears ALTERNATE: Egg Roll	10/ BREAKFAST: McJ-Hawk LUNCH: Corn Dog, Baked Beans, Carrot Sticks, Mixed Fruit, ALTERNATE Chicken Salad/WG Bun:	11/ BREAKFAST: Egg Bake/Toast LUNCH: Chicken Quesadilla, Romaine/ Dressing, Fresh Cauliflower, Peaches ALTERNATE: Turkey Ham, Cheese Sub	
	14/ BREAKFAST: Snack Bread LUNCH: Grilled Chicken Patty/WG Bun, Pea Salad, Mixed Vegetables, Applesauce ALTERNATE: Ham/WG Bun	15/ BREAKFAST: Breakfast Bar LUNCH: Tenderloin/WG Bun, Corn, Celery Sticks, Pears ALTERNATE: Turkey/WG Bun	16/ BREAKFAST: Poptart LUNCH: Chili with Beans, Crackers, Carrot Sticks, Minni Cinni, Banana ALTERNATE: Breaded Pork Chop	17/ BREAKFAST: French Toast Sticks/Syrup LUNCH: Turkey Hot Dog/ WG Bun, Green Beans, Fresh Cauliflower, Mixed Fruit ALTERNATE: Chicken Salad/WG Bun	18/ BREAKFAST: Biscuit/Sausage Gravy LUNCH: Pizza Wedge, Marinara, Toss Salad/Dressing, Pineapple, Ice Cream ALTERNATE: Turkey, Ham, Cheese Sub	
	21/ NO SCHOOL	22/ BREAKFAST: Muffin LUNCH: Chicken Nuggets, Mixed Vegetables, Celery Sticks, Peaches, Cookie ALTERNATE: Egg Roll	23/ BREAKFAST: Pancake/Sausage on a Stick LUNCH: Beef & Gravy over Mashed Potatoes, Green Beans, Dinner Roll, Mandarin Oranges ALTERNATE: Fish	24/ BREAKFAST: Breakfast Bread Stick LUNCH: Taco/Chips, Lettuce, Cheese, Corn, Pears, Brownie ALTERNATE: Chicken Salad/WG Bun	25/ BREAKFAST: Scrambled Eggs/Toast LUNCH: Grilled Cheese, Tomato Soup, Fresh Broccoli, Toss Salad/Dressing, Pineapple ALTERNATE: Chicken Salad/WG Bun	
	28/ BREAKFAST: Breakfast Pizza LUNCH: Ham Patty w Cheese/WG Bun, Baked Chips, Peas, Celery Sticks, Apple Slices ALTERNATE: Tuna Salad/WG Bun	29/ BREAKFAST: Yogurt Parfarit LUNCH: Breaded Fish/ WG Bun, Coleslaw, Steamed Carrots, Pears ALTERNATE: Turkey, Ham, Cheese Sub	30/ BREAKFAST: Cinnamon Roll LUNCH: Chicken Tetrazzini, Cheese Filled Bread Stick, Mixed Vegetables, Peaches ALTERNATE: Egg Roll	31/ BREAKFAST: Waffles/Syrup LUNCH: Brat Wurst/WG Bun, Baked Beans, Sauerkraut, Applesauce ALTERNATE: Chicken Salad/WG Bun		

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Breakfast options include cereal variety, toast, applesauce, apple, orange, orange juice, apple juice and grape juice.

Salad bar offered for grades 5-12 may include the following: lettuce, romaine, spinach, broccoli, cauliflower and other fresh vegetables. Also included, apples, oranges, canned and other fresh fruits.