



January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice! All meals served with FF or Skim milk! Chef Salad /Potato Bar (7-12) or PBJ, Ham, or Turkey sandwiches available Monday – Thursday as an alternate to the main entrée. These sandwiches can also be purchased a la carte.	1  NO SCHOOL	2 NO SCHOOL Teacher workday 	3 Biscuit & Gravy (273) Juice (60) Cereal (110) ----- Popcorn Chicken (230) Broccoli w/ Cheese (75) Strawberries (24)	4 Strawberry Parfait w/granola (240) Cereal (110) Juice (60) ----- Chicken Alfredo (344) Peas (59) Breadstick (180) Applesauce (50)
7 Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) Cereal (110) ----- New Item Pizza Calzone (300) Green Beans (25) Pears (60)	8 French Toast Bites w/ Syrup (308) Juice (60) Cereal (110) ----- Walking Taco (299) Lettuce, Cheese (84) Refried Beans (110) Strawberries (24)	9 Sausage & Cheese on English Muffin (180) Juice (60) Cereal (110) ----- Chili w/ Crackers (107) Cheese Stick (110) Celery w/ Ranch (76) Apple (95)	10 Biscuit & Gravy (273) Juice (60) Cereal (110) ----- Hot Dog on Bun (240) Potato Wedges (93) Peaches (60)	11 Strawberry Parfait w/granola (240) Cereal (110) Juice (60) ----- Cheesy Chicken w/ Noodles (230) Peas (59) Banana (105)
14 Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) Cereal (110) ----- Salisbury Steak (250) Mashed Potatoes/Gravy (110/35) Orange (45)	15 French Toast Bites w/ Syrup (308) Juice (60) Cereal (110) ----- Beef Sticks (241) Peas (59) Hot Roll (90) Peaches (60)	16 Sausage & Cheese on English Muffin (180) Juice (60) Cereal (110) ----- Roasted Chicken Sandwich (220) Steamed Broccoli (27) Strawberries (24)	17 Biscuit & Gravy (273) Juice (60) Cereal (110) ----- Meatball Sub (229) Peas (59) Pineapple (70)	18 Strawberry Parfait w/granola (240) Juice (60) Cereal (110) ----- Spaghetti w/ Meat Sauce (272) Garden Salad w/Ranch (10/90) Applesauce (50)
21 No School Martin Luther King Day- Snow Make-Up Day	22 French Toast Bites w/ Syrup (308) Juice (60) Cereal (110) ----- Chicken Quesadilla (212) Refried Beans (110) Tropical Fruit (60)	23 Sausage & Cheese on English Muffin (180) Juice (60) Cereal (110) ----- Sweet & Sour Chicken (163) Rice (170) Egg Roll (110) Fortune Cookie (30)	24 Biscuit & Gravy (273) Juice (60) Cereal (110) ----- Pancakes w/ Syrup (180) Sausage Patty (82) Hash Brown (143) Cooked Apples (40)	25 Strawberry Parfait w/granola (240) Juice (60) Cereal (110) ----- K-6 – Ravioli (250) 7-12 –Toasted Ravioli(250) Garden Salads w/ Ranch (10/90) Orange (45)
28 Cheese Omelet (180) w/ Toast (70) Hash Brown (143) Juice (60) Cereal (110) ----- Chicken Patty (281) on/ WG Bun (120) Peas (59) Pears (60)	29 French Toast Bites w/ Syrup (308) Juice (60) Cereal (110) ----- Beef Nacho (346) Refried Beans (110) Applesauce (50)	30 Sausage & Cheese on English Muffin (180) Juice (60) Cereal (110) ----- BBQ Z-Rib (140) on WG Bun (120) Sautéed Carrots (30) Applesauce (50)	31 Biscuit & Gravy (273) Juice (60) Cereal (110) ----- PB&J Sandwich (300) Cheese Stick (110) Carrots w/Ranch (41) Apple (95)	

"This institution is an equal opportunity provider."