

Breakfast

JANUARY 2025

Monday

♥ Tuesday

Wednesday

Thursday

Friday



HAPPY
NEW
YEAR

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NO SCHOOL!!!
CHRISTMAS BREAK!!!

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CHRISTMAS BREAK!!!

6

Pancakes w/Syrup (270)
Ham (70)

7

Oatmeal (140)
Toast (70)

8

Biscuits and Gravy (273)
Juice (60)

9

Cinnamon Roll (170)
Juice (60)

12

Blueberry Muffin (190)
Juice (60)

13

Waffles w/Syrup (200)
Sausage (100)

14

Biscuits and Gravy (273)
Juice (60)

15

French Toast (170)
Bacon (110)

16

19

Pancakes w/Syrup (270)
Ham (70)

20

Cheesy Omelet (110)
Sausage (100)

22

Biscuits and Gravy (273)
Juice (60)

23

Bagel
w/ Cream Cheese (280)
Fruit Cup (80)

26

Pirate Academy
Donut Holes (300)
Fruit Cup (80)

27

Chocolate Chip Muffin (190)
Juice (60)

28

Waffles w/Syrup (200)
Sausage (100)

29

Biscuits and Gravy (273)
Juice (60)

30

Cinnamon Roll (170)
Juice (60)

Lunch

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All meals served with ½ cup fruit & 8 oz unflavored low-fat, fat-free, or flavored milk

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5

Hot Ham & Cheese
Sandwiches (250)
Fries (190)
Fruit (80)

6

Chicken Patty
w/WG Bun (330)
Fries (190)
Fruit (80)

7

Stroganoff (250)
Green Beans (60)
Fruit (80)

8

Country Fried Breaded
Beef Patty (250)
Mashed Potatoes
w/Gravy (160)
Fruit (80)

9

12

Sloppy Joe
w/WG Bun (190)
Fries (190)
Fruit (80)

13

Chicken Patty (180)
Mashed Potatoes
w/Gravy (160)
Fruit (80)

14

Soft Taco (250)
Spanish Rice (260)
Fruit (80)

15

Burger w/WG Bun (300)
Chips (160)
Fruit (80)

16

19

Chili (260)
Carrots (60)
Cheese stick (110)
Fruit (80)

20

Chicken Patty
w/WG Bun (330)
Fries (190)
Fruit (80)

21

Z Rib w/WG Bun (220)
Chips (160)
Fruit (80)

22

Tater Tot Casserole (270)
Green Beans (60)
Fruit (80)

23

Pirate Academy

Tomato Soup (90)
Grilled Cheese (190)
Fruit (80)

26

Cheesy
Chicken & Noodles (270)
Peas (60)
Fruit (80)

27

Chicken Patty (180)
Mashed Potatoes
w/Gravy (160)
Fruit (80)

28

Pepperoni Pizza (260)
Salad (100)
Fruit (80)

29

Spaghetti (220)
Garlic Breadstick (100)
Salad (100)
Fruit (80)

30