



# January 2018 - Breakfast Menu

**Fruit or juice and 8oz white skim or  
Fat free chocolate milk served daily**



Monday	Tuesday	Wednesday	Thursday	Friday
		3 Yogurt, toast or muffin cheese sticks & fruit	4 Toast or bagels w/cream cheese Bacon strips & fruit	5 Breakfast pizza Or toast & fruit
8 Assorted cereals, oatmeal or toast, cheese sticks & fruit	9 Egg omelets Toast or granola bar & fruit	10 Scrambled eggs Toast or muffins & fruit	11 Mini pancakes or toast Bacon strips & fruit	12 English muffins w/cream cheese or toast cheese sticks & fruit
15 Yogurt potato pancakes or toast cheese sticks & fruit	16 Pancake wrapped sausage or toast & fruit	17 Assorted cereals or toast Cheese sticks & fruit	18 Bagels w/cream cheese or toast & fruit	19 Egg omelets or muffins bacon strips & fruit
22 French toast sticks or toast Sausage patty & applesauce	23 Blueberry bagels w/cream cheese or toast & fruit	24 Pop-tarts or muffins Cheese sticks & fruit	25 Assorted cereals or muffins cheese sticks & fruit	26 Hard-boiled eggs Toast or muffins & fruit
29 Yogurt Toast or muffins Cheese sticks & fruit	30 Mini pancakes or toast sausage patty & fruit	31 Breakfast pizza or toast & fruit		

**Milk, endless fruit and vegetables and low fat dressing served daily.** Menu subject to change due to availability and/or school delays and cancellations. Canned fruit is in light syrup. Contact Food Service with any questions or concerns at 563-5745.



# January 2018 - Lunch Menu



Each combo includes 8 oz white skim or  
Fat free chocolate milk, fruit & vegetable

Mon	Tue	Wed	Thu	Fri	Ala Carte Combo
		<b>3</b>	<b>4</b>	<b>5</b>	<b>Monday Hot dog &amp; Salad Bar</b>
		Chicken soft tacos w/cheese & vegetable toppings & choice of fruit	Hamburger on a whole grain bun w/cheese slices, veggies & fruit	Hot dog on a whole grain bun, potato pieces, veggies & fruit	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>Tuesday Calzones &amp; Salad Bar</b>
Pizza, garden salad & fruit	Knight Bowl – Popcorn chicken, mashed potatoes, corn, cheese & fruit	Corn dogs, Mac n’ cheese, vegetables & fruit	Cheese stuffed breadsticks, marinara sauce, vegetables & fruit	Loaded sub sandwiches, corn pieces, vegetable toppings & fruit	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>Wednesday Build your own sub &amp; Salad Bar</b>
French bread pizza, garden salad, veggies & fruit	Nacho mounds, veggie toppings & fruit	Turkey wraps w/your choice of veggie toppings & fruit	Asian chicken w/rice, veggies & fruit	Chicken patty on a whole grain bun, potato pieces, veggies & fruit	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>Thursday Regular or Spicy Chicken Patty &amp; Salad Bar</b>
Philly steak sandwiches, veggies & fruit	Sloppy Joes, potato pieces, vegetables & fruit	Chicken strips, mashed potatoes, vegetables & fruit	Mashed potatoes w/meat gravy, vegetables, dinner rolls & fruit	Fish sticks, hash browns, vegetables & fruit	
<b>29</b>	<b>30</b>	<b>31</b>			<b>Friday Pizza &amp; Salad Bar</b>
Lasagna roll-ups, garlic bread, garden salad & fruit	French toast sticks, hash browns, sausage patty & fruit	U.P. Pasty, coleslaw & fruit			

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