



January 2019 - Breakfast Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 Muffins or granola bar & fruit	8 Pancake wrapped sausage or toast & fruit	9 Yogurt & granola bar or toast & fruit	10 Egg omelet & toast or fruit	11 Bagels w/cream cheese cheese sticks & fruit
14 Pop-tarts or Muffins & fruit	15 Breakfast pizza & fruit	16 Assorted cereals or toast cheese sticks & fruit	17 French toast sticks or muffins & fruit	18 Mini pancakes & fruit
21 Hard-boiled eggs & toast & fruit	22 English muffins Or toast & fruit	23 Cinnamon rolls Cheese sticks & fruit	24 Granola bars & yogurt & fruit	25 Fuel-up bags
28 Assorted cereals or toast & fruit	29 Muffins or toast & fruit	30 Mini pancakes & fruit	31 Egg omelets & 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 2019 - Lunch Menu



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

Mon	Tue	Wed	Thu	Fri	Ala Carte Combo
	1	2	3	4	Monday Calzones & Salad Bar
7 Sweet & Sour Chicken over rice w/vegetables & fruit	8 Spaghetti w/meat sauce, garlic toast, garden salad & fruit	9 French toast sticks, sausage patty, hash browns & fruit	10 Calzones, salad, veggies & fruit	11 Hot dogs on a whole grain bun, chips, baked beans & fruit	Tuesday Mozzarella sticks & Salad Bar
14 French bread pizza, salad & fruit	15 Lasagna roll-ups, corn bread, salad & fruit	16 Knight Bowl~Popcorn chicken, mashed potatoes & gravy, cheese & corn & fruit	17 Sloppy Joes, potato chips, veggies & fruit	18 Chili w/cheese & crackers, sandwiches & fruit	Wednesday Quesadillas & Salad Bar
21 Hamburgers on a whole grain bun, cheese slices, French fries & fruit	22 Asian chicken w/rice, vegetables & fruit	23 Sub sandwiches w/veggie toppings, potato pieces & fruit	24 Chicken strips, stuffing, veggies & fruit	25 Pasties, coleslaw & fruit	Thursday Hamburger & Salad Bar
28 Beef tips over noodles, salad & fruit	29 Nacho mounds w/meat & cheese, veggie toppings & fruit	30 Mini cheeseburgers, buttered noodles, veggies & fruit	31 Cheese stuffed breadsticks, marinara sauce, salad & fruit		Friday PB& J Jammers, Yogurt & Salad Bar

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