

Breakfast JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			Goody Bun, OR Cereal, Chilled Fruit, Juice, Low Fat Milk	Egg Biscuit, Fresh Fruit, Juice, Low Fat Milk
7	8	9	10	11
Cereal w String Cheese, Fresh Fruit, Juice, Low Fat Milk	Chicken Biscuit Sandwich, Juice, Chilled Fruit, Low Fat Milk	PB&J Uncrustable OR Cereal, Fresh Apple Slices, Juice, Low Fat Milk	Bacon Scramble Pizza, OR Cereal, Strawberries, Juice, Low Fat Milk	Banana Muffin OR Cereal, Chilled Fruit, Juice, Low Fat Milk
14	15	16	17	18
Cinnamon Toast Sticks w Syrup OR Cereal, Chilled Pears, Juice, Low Fat Milk	Breakfast Sausage Pizza Chilled Fruit, Juice, Low Fat Milk	Goody Bun, OR Pop Tart Fresh Fruit, Juice, Low Fat Milk	Apple Bosco Stick OR Cereal, Fresh Grapes, Juice, Low Fat Milk	W.G. Donut, Juice, Chilled Fruit, Low Fat Milk
21	22	23	24	25
Cereal w String Cheese, Chilled Fruit, Juice, Low Fat Milk	Piggle Stick OR Cereal, Orange Wedges, Juice, Low Fat Milk	Blueberry Muffin, OR Cereal, Chilled Peaches, Juice, Low Fat Milk	Yogurt Parfait w Granola, Fruit, Juice, Low Fat Milk	Bacon Scramble Pizza, Blueberries, Juice, Low Fat Milk
28	*29	30	31	
W.G. Donut, Chilled Fruit, Juice, Low Fat Milk	Frittata or Omelet w Toast, Chilled Fruit, Juice, Low Fat Milk	Chocolate Muffin OR Cereal, Fruit, Juice, Low Fat Milk	Sausage Biscuit OR Cereal, Fresh Fruit, Juice, Low Fat Milk	

Lunch JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			Pizza, Oven Fries, Baked Beans, Chilled Fruit, Low Fat Milk	Cheeseburger on WG Bun, Corn, Dragon Juice, Fruit, Low Fat Milk
7	8	9	10	11
Hamburger on WG Bun, Potato Smiles (3/4 cup), Chilled Fruit, Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes, Steamed Broccoli, Strawberries, Low Fat Milk	Mini Corn Dogs OR Corn Dog Baked Beans, Carrots & Ranch, Fresh Fruit, Low Fat Milk	Chicken Smackers, Mashed Potatoes, WG Roll, Green Beans, Fruit, Low Fat Milk,	Breaded Mozzarella Cheese Sticks, Marinara Sauce (3oz.), Cole Slaw, Fresh Fruit, Low Fat Milk
14	15	16	17	18
Hamburger on WG Bun, Potato Smiles (3/4 cup), Chilled Fruit, Low Fat Milk	Chicken Nuggets, WG Roll, Mashed Potatoes, Gravy, Green Beans, Chilled Fruit, Low Fat Milk	Ham & Cheese, or Turkey on WG Bun, Tomato Soup (6oz), Carrots & Ranch, Fresh Fruit, Low Fat Milk	Tacos w Lettuce & Salsa, Refried Beans, Corn, Chilled Fruit, Low Fat Milk	Pizza, Romaine Salad OR Fresh Broccoli w Ranch, Grapes, Low Fat Milk
21	22	23	24	25
Chicken Patty on WG Bun, Potato Wedges, Peas, Fruit, Low Fat Milk	Spaghetti w Meat Sauce, WG Bread Stick, Romaine Salad w Tomatoes, Fresh Fruit, Low Fat Milk	Teriyaki Nuggets, WG Roll, Mashed Potatoes, Glazed Carrots, Pears, Low Fat Milk	Corn Dog, Dragon Juice, Corn, Fresh Fruit, Low Fat Milk	Breaded Fish Fillet on WG Bun, OR Sloppy Joe, Baked Beans, Oven Fries, Fruit, Low Fat Milk
28	*29	30	31	01.Feb
Hamburger on WG Bun, Potato Smiles (3/4 cup), Chilled Fruit, Low Fat Milk	Chicken Smackers, Mashed Potatoes, WG Roll, Green Beans, Fruit, Low Fat Milk	Chili, Bosco Stick, Cole Slaw, Orange Wedges, Low Fat Milk	Pulled Pork BBQ OR Rib-be-que on WG Bun, Baked Beans, Oven Fries, Fresh Fruit, Low Fat Milk	Macaroni & cheese, Bread Stick, Marinara Sauce (3oz.), Romaine Salad w Tomatoes, Ranch Dressing, Fruit, Low Fat Milk