



BREAKFAST



LUNCH

FEBRUARY 2018

OAK FOREST

BREAKFAST & LUNCH Pre-K – 4th grade

Paid Lunch: \$1.70
Reduced Lunch: \$0.40
Paid Breakfast: \$0.75
Reduced Breakfast: \$0.30
Guest Lunch: \$ 4.25

Pre-K first choice only

Monday

A choice of Milk and Variety of fruit are offered daily with Breakfast and Lunch.

Tuesday

Wednesday

Thursday

Friday

Breakfast:

Mini Pancakes w/ Syrup
Lunch:
Steak Fingers w/Sauce
Or
Chicken Rings w/Sauce
Sweet Potato Soufflé
Green Beans
Garlic Toast

5

Breakfast:

Scrambled Eggs w/Bacon
Lunch:
Pulled Pork on a Bun
Or
Grilled Chicken on a Bun
Sliced Pickles
Bush's Baked Beans
Macaroni & Cheese

6

Breakfast:

French Toast Sticks
Lunch:
Meatloaf w/Gravy
Or
Sausage Link w/BBQ Sauce
Mash Potatoes
Romaine Salad w/Dressing
Roll

7

Breakfast:

Choice of Cereal w/ Toast
Lunch:
Chicken & Dumplings
Or
Breaded Chicken Strips
Carrot Soufflé
Zucchini & Sweet Peppers
Roll

8

Breakfast:

Cream Cheese Bagel
Lunch:
Chili Frito Pie w/Cheese Sauce
Or
Popcorn Chicken Bites
Bush's Baked Beans
Sliced Cucumbers
Cornbread Muffin

9

Breakfast:

Sausage Kolache
Lunch:
Pepperoni Pizza
Or
Cheese Stick w/Marinara
Peas & Carrots
Blueberry Crisp

12

Breakfast:

Cinnamon Toast
Lunch:
Tangerine Chicken
Or
Chicken Egg Roll
Fried Rice
Steamed Broccoli
Roll

13

Breakfast:

Cheese Toast
Lunch:
Lasagna Roll up
Or
Grilled Cheese Sandwich
Green Beans
Romaine Salad w/ Dressing

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Breakfast:

Oatmeal w/ Toast
Lunch:
Chicken Fajita
Or Soft Beef Taco
Lettuce/Tomato
Refried Beans
Chips w/ Salsa

15

Breakfast:

Breakfast Pizza
Lunch:
Fish Nuggets w/Honey Mustard Dip
Or
Beef Nuggets w/Sauce
Garlic & Herb Mash Potatoes
Romaine Salad w/Dressing

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Breakfast:

Choice of Cereal w/Toast
Lunch:
Roasted Chicken Leg
Or
Chicken Rings w/Sauce
Loaded Mashed Potatoes
Seasoned Corn
Roll

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Breakfast:

Cheese Toast
Lunch:
General TSO Stir Fry
Or
Meatballs w/Sweet n' Sour
Fried Rice
English Peas

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Breakfast:

Breakfast Burrito
Lunch:
Pulled Pork on a Bun
Or
Grilled Cheese Sandwich
Tostito Rounds w/Salsa
Baby Carrots w/Ranch
Pudding Cups

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Breakfast:

Scrambled Eggs w/Toast
Lunch:
Beef Tips & Gravy
Or
Turkey & Gravy
Rice
Glazed Carrots
Roll

22

Breakfast:

Waffles w/Syrup
Lunch:
Fish Hoagie w/Ketchup
Or
Chicken Hoagie w/ Mayo or Mustard
Sweet Potato Fries
Pinto Beans

23

Breakfast:

Pancake Sausage on a Stick
Lunch:
Breaded Chicken Filet w/Gravy
Or
Salisbury Steak w/Gravy
Au gratin Potatoes
California Blend Vegetables
Roll

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Breakfast:

Strawberry Cream Cheese Bage
Lunch:
Spaghetti & Meat sauce
Or
Fish Nuggets w/Ketchup
Green Beans
Romaine Salad w/Dressing
Garlic Bread Stick

27

Breakfast:

Biscuit w/Gravy
Lunch:
Chicken Quesadilla
Or
Cheese Stick w/ Marinara
Refried Beans, Salsa
Lettuce & Tomato
Sliced Cucumbers

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