

 **BREAKFAST**

 **LUNCH**

Choice of Milk  
and Variety of  
Fruit offered daily

# JANUARY 2019

5<sup>th</sup> – 12<sup>th</sup> Grade

All students are entitled to:

1 Free reimbursable Breakfast: Must choose 3 items 1 must be Fruit or Fruit Juice  
&

1 Free reimbursable Lunch: Must choose at least 3 items 1 must be a Fruit or Vegetable



## Monday

Guest Pricing:

Breakfast: \$2.00

Lunch: \$4.25

## Tuesday



1

## Wednesday



2

## Thursday



3

## Friday



4



7

**Breakfast:**  
Sausage Pancake on stick

8

**Lunch:**  
Pulled Pork Sandwich  
Baked Beans  
Baked Seasoned Fries  
Sliced Pickles  
Mayonnaise, Mustard, and Ketchup

**Breakfast:**  
Cowgirl Bread

9

**Lunch:**  
Beef Tips  
Steamed Rice  
Roasted Sweet Potatoes  
Romaine Salad, Dressing  
Dinner Roll

**Breakfast:**  
Breakfast Pizza

10

**Lunch:**  
Tomato Soup W/Grilled Cheese  
Apple Cole Slaw  
Black Beans & Corn  
Baby Carrots, Ranch

**Breakfast:**  
Oatmeal (Pre-k Cereal)

11

**Lunch:**  
Baked Rotini Chicken & Cheese  
Orange Glazed Carrots  
Fresh Spinach & Cranberry Salad  
Garlic Bread

**Breakfast:**  
Banana Bread

14

**Lunch:**  
Popcorn Chicken  
Orange Glazed Carrots  
Mashed Potatoes, Cream Gravy  
Dinner Roll

**Breakfast:**  
Bacon Egg & Cheese Biscuit

15

**Lunch:**  
Cheesy Beef Nachos  
Refried Beans  
Salsa  
Lettuce & Tomato

**Breakfast:**  
Cream Cheese Filled Bagels

16

**Lunch:**  
Pulled Pork Baked Potato  
Butter, Cheese, Sour Cream  
Green Peas  
Romaine Salad, Dressing  
Dinner Rolls

**Breakfast:**  
Cinnamon Toast

17

**Lunch:**  
Beef & Vegetable Soup  
Romaine Salad, Dressing  
Grape Tomatoes & Sliced Cucumbers  
Cornbread Pudding

**Breakfast:**  
Pancake Sausage on a Stick

18

**Lunch:**  
Cheese or Pepperoni Pizza  
Country Blend Vegetables  
Romaine Salad, Dressing  
Baby Carrots, Ranch



21

**Breakfast:**  
Breakfast Sliders

22

**Lunch:**  
BBQ on a Bun  
Baked Sweet Potato Chunks  
Steamed Broccoli w/Cheese

**Breakfast:**  
Yogurt & Fruit Parfait

23

**Lunch:**  
Pepperoni or Cheese Pizza  
Corn  
Romaine Salad, Dressing  
Baby Carrots

**Breakfast:**  
Eggs, Biscuits & Gravy

24

**Lunch:**  
Dumplings  
Carrot Soufflé  
Green Beans  
Romaine Salad, Dressing  
Dinner roll

**Breakfast:**  
Glazed Pancakes

25

**Lunch:**  
Corn dog  
Seasoned Kidney Beans  
Broccoli Salad  
Baby Carrots, Ranch Dressing

**Breakfast:**  
Mini Pancake Wrap, Syrup

28

**Lunch:**  
BBQ on a Bun  
Baked Sweet Potato Chunks  
Steamed Broccoli  
Mixed Vegetables

**Breakfast:**  
Apple or Cherry Frudels

29

**Lunch:**  
Penne Pasta w/ Meat Sauce & Cheese  
Baked Parmesan Squash  
Tomato & Cucumber Salad  
Garlic Bread

**Breakfast:**  
Breakfast Pizza

30

**Lunch:**  
Chicken Fajita's  
Refried Beans, Salsa  
Spanish Rice  
Seasoned Corn

**Breakfast:**  
Cowgirl Bread

31

**Lunch:**  
Homemade Chili w/Beans  
Cornbread Pudding  
Green Beans w/Potatoes,  
Roasted Brussels Sprouts  
Chocolate Chip Cookies