

# JANUARY 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:30 am	Assorted Cereals & Yogurt Fruit/Juice/	Waffle/French Toast Or Pancakes Turkey Sausage Links	Hot Breakfast Scramble Fruit/Juice/Milk	Hot Breakfast Sandwich Fruit/Juice/	Breakfast Pastry Assorted
<b>HOT LUNCH — 4 WEEK ROTATION</b>					
Weekly Fruits and Vegetables	Jan 6 Breaded Chicken Bread/WG Bun	Jan 7 Pepp or Cheese Personal Pizza	Jan 8 Spicy Chicken Sandwich	Jan 9 Fish Nuggets W/Mac &	Jan 10 Beef Nachos w/ Salsa,
Cheddar Macaroni Salad Fresh Baby Carrots OR Veggie Juice Roasted Chick Peas Caribbean Blend	w/Pickles Sweet Potato Fries Or Choice Of Mini Turkey Corn Puppies& Pretzel Bite Chef Salad	Fresh Garden Salad Muffin Loaf Or Choice Of Mini Turkey Corn Puppies&Pretzel Bites	Baked Potato w/ Butter and Sour Cream Or Choice Of Mini Turkey Corn Puppies& Pretzel Bites	Green Beans Or Choice Of Mini Turkey Corn Puppies&Pretzel Bite Chef Salad	Pinto& Black Bean Mix Or Choice Of Mini Turkey Corn Puppies & Pretzel Bite Chef Salad
Weekly Fruits and Vegetables	Jan 13 EXAM WEEK GRAB & GO	Jan 14 EXAM WEEK GRAB&GO	Jan 15 EXAM WEEK GRAB&GOLUN	Jan 16 EXAM WEEK GRAB&GO	Jan 17 EXAM WEEK
Fresh Fruit Juice Cup Baby Carrots Potato's Au gratin	Cheeseburger WG Bun W/Pickle Spear	Spicy Chicken WG Bun W/Pickle Spear	Beef Hotdog WG Bun W/Relish	Chef Choice Entree	Chef Choice Breakfast
Weekly Fruits and Vegetables	Jan 20 NO SCHOOL	Jan 21 Beef Sloppy Joe Totchos w/	Jan 22 GeneralTso Chicken	Jan 23 Chicken Alfredo WG Roll	Jan 24 Pepp/Cheese Pizza
Ranch Potato Salad Tomato Onion Salad Edamame Salad	MARTIN LUTHER KING JR HOLIDAY	Cole Slaw Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal	Fried Brown Rice Veggie Eggroll Or Choice Of Cheeseburger Chef Salad	Golden Corn Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal	Bacon Ranch Salad w/Cheese, Diced Tomato Or Choice Of Cheeseburger Chef Salad
Weekly Fruits and Vegetables	Jan 27 Cheeseburger WG Bun Lett/Tomato/Pickle	Jan 28 BBQ Chicken Wings w/Cornbread	Jan 29 Turkey & Gravy w/Mash Potato's WG Biscuit	Jan 30 Beef Teriyaki Meatballs w/Rice Pilaf	Jan 31 Chicken Smackers WG Dinner Roll
Broccoli Salad Fresh Baby Carrots Cucumber Salad Roast Redskin Potato's	Veggie Baked Beans Or Choice of Spicy Chicken Sandwich Chef Salad	Street Corn Casserole Or Choice of Spicy Chicken Sandwich	Roasted Broccoli Or Choice Of Spicy Chicken Sandwich Chef Salad	Roasted Carrots Or Choice Of SpicyChicken Sandwich Chef Salad	Sweet Potato Fries Or Choice Of Spicy ChickenSandwich
Weekly Fruits and Vegetables	Feb 3 Chicken Tenders W/WG Biscuit	Feb 4 Beef & Gravy Mash	Feb 5 Chicken Parmesan	Feb 6 No School	Feb 7 No School
Potato Salad Italian Veggies Fresh Celery Sticks Maple Sweet Potato's Vegetable of the	Broccoli w/Cheese Or Choice Of Bosco Cheese Sticks Chef Salad	WG Breadstick Corn Cobbett Or Choice Of Bosco Cheese Sticks Chef Salad	Garlic Baby Potato Bakers Or Choice Of Bosco Cheese Sticks Chef Salad	Staff-Inservice	Staff - Inservice

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER  
BREAKFAST \$1.50 PAID / \$ .30 REDUCED*

*ALL MEALS REQUIRE FRUIT, JUICE OR VEGETABLE MILK AVAILABLE DAILY  
LUNCH \$3.00 PAID / \$.40 REDUCED*