

Breakfast Menu for Metcalfe High & Middle

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Biscuit & Gravy Bagels 100% Fruit Juice Seasonal Fresh Fruit	7 Scrambled Eggs & Sausage Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	8 Fresh Baked Pastries Bagels 100% Fruit Juice Seasonal Fresh Fruit	9 Egg & Cheese Biscuit Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	10 Pancake Bites Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit
13 Chicken Biscuit Bagels 100% Fruit Juice Seasonal Fresh Fruit	14 Breakfast Pizza Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	15 Fresh Baked Pastries Bagels 100% Fruit Juice Seasonal Fresh Fruit	16 Bacon Egg & Cheese Biscuit Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	17 Donut Friday Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit
20 NO SCHOOL	21 Scrambled Eggs & Sausage Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	22 Fresh Baked Pastries Bagels 100% Fruit Juice Seasonal Fresh Fruit	23 Egg & Cheese Biscuit Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	24 Pancake Bites Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit
27 Chicken Biscuit Bagels 100% Fruit Juice Seasonal Fresh Fruit	28 Breakfast Pizza Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	29 Fresh Baked Pastries Bagels 100% Fruit Juice Seasonal Fresh Fruit	30 Bacon Egg & Cheese Biscuit Oatmeal 100% Fruit Juice Seasonal Fresh Fruit	31 Donut Friday Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit

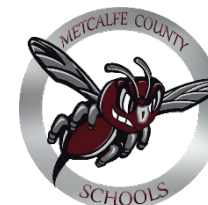
Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

**1% or Fat Free
White or Flavored Milk
Available Daily!**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

This institution is an equal opportunity provider.



Lunch Menu for Metcalfe High & Middle

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Pizza Corn Dog Baked Chips Side Salad Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	7 Boneless Wings French Fries Side Salad Fresh Veggies Sliced Peaches Assorted Fresh Fruit	8 Chicken Fillet w/ Bun Pizza Crunchers Green Peas Waffle Fries Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	9 Spaghetti w/ Meat Sauce Side Salad Garlic Bread Fresh Veggies Assorted Fresh Fruit Ice Cream	10 Chili (16g) Grilled Cheese (21g) G All Beef Hot Dog Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
13 Hamburger French Fries Baked Beans Rice Krispy Square Fresh Veggies Assorted Fresh Fruit	14 Extreme Nachos Baked Potato Bar Side Salad Chips & Salsa Refried Beans Fresh Veggies Assorted Fresh Fruit	15 Pepperoni Calzone Baked Chips Side Salad Fresh Veggies Fresh Baked Cookie Assorted Fruit	16 BBQ Chicken Cheesy Potatoes Green Beans Whole Kernel Corn Roll Ice Cream	17 Veggie Soup (12g) Grilled Cheese (21g) G All Beef Hot Dog Baked Chips (19g) Veggie & Fruit Selections Fresh Baked Cookie (17g)
20 NO SCHOOL	17 Chicken Fingers Salisbury Steak Whole Kernel Corn Mashed Potatoes Green Beans Fresh Veggies Assorted Fresh Fruit	18 Sloppy Joe Fish Sandwich Tater Tots Mac & Cheese Fresh Veggies Assorted Fresh Fruit	19 Buffalo Chicken Dip Tostitos Scoops Side Salad Fresh Veggie Cup Fruit & Yogurt Parfait Fresh Fruit Brownie	20 Chicken Taco Soup Grilled Cheese (21g) G All Beef Hot Dog Baked Chips (19g) Veggie & Fruit Selections Fresh Baked Cookie (17g)
27 Pizza Corn Dog Baked Chips Side Salad Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	28 Boneless Wings French Fries Side Salad Fresh Veggies Sliced Peaches Assorted Fresh Fruit	29 Chicken Fillet w/ Bun Pizza Crunchers Green Peas Waffle Fries Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	30 Spaghetti w/ Meat Sauce Side Salad Garlic Bread Fresh Veggies Assorted Fresh Fruit Ice Cream	31 Chili (16g) Grilled Cheese (21g) G All Beef Hot Dog Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)

Salad Boxes and Sandwich Boxes are available daily!

1% or Fat Free
White or Flavored Milk
Available Daily!

Meat/Meat alternates are listed in bold type • Menu is subject to change due to availability of food items

Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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