

All Meals:
Served with choice of white milk, chocolate milk or soy milk

Breakfast:
Served with assorted fruits, milk

Lunch:
Served with assorted fruits & veggies or salad bar, milk

Daily Alternative Options:

Breakfast:
Cereal, fruit, milk

Lunch:
Turkey ^{or} Ham Sandwich, fruits, veggies, side dish, milk

What Makes a Lunch?
Select 3-5 Components

One must be a **FRUIT** OR **VEGGIE**

What Makes A Great Breakfast?
Select 3 Components!

Be sure to choose between **FRUIT** OR **FRUIT JUICE**



	January 5	6	7	8	9
Breakfast	Cheese Omelet, Hashbrown, English Muffin	Biscuits & Gravy	Breakfast Pizza	Bagel w/ Cream Cheese & Sausage	Pancakes & Sausage
Lunch	Chicken Nuggets, Fries, Baked Beans	Chicken Taco Soup, Corn Bread, Creamy Berry Salad	Sweet & Sour Chicken, Oven Fried Rice, Stir Fry Veggies, Fortune Cookie	Country Fried Steaks, Mashed Potatoes, Country Gravy, Green Beans, Dinner Roll	Pizza, Roasted Cauliflower, Caesar Salad
	12	13	14	15	No School 16
Breakfast	Fruit & Yogurt Parfait & UBR	Scrambled Eggs, Hashbrown, English Muffin	Pancake on a Stick	Breakfast Sandwich	End of Semester - No School
Lunch	Italian Dunkers, Marinara Sauce, Roasted Veggies	BBQ Pulled Pork Sandwich, Coleslaw, Baked Beans	4th Grade Picks the Lunch: Spaghetti, Caesar Salad, Breadsticks, Dirt Cups	Hoagie Sandwich ^{OR} PB&J, String Cheese, Sun Chips	
	No School 19	20	21	22	23
Breakfast		Muffins Scrambled Eggs & Yogurt	Biscuits & Gravy	French Toast Sticks & Sausage	Cheese Omelet & English Muffin
Lunch		Beef or Chicken Tacos, Refried Beans	Hot Dog, Baked Beans, Sun Chips	Chicken Sandwich, Fries	Pizza, Roasted Cauliflower, Caesar Salad
	26	27	28	29	30
Breakfast	Banana Bread & Hard Boiled Eggs	Waffles & Sausage	Breakfast Sandwich	Breakfast Pizza	Fruit & Yogurt Parfait & UBR
Lunch	Teriyaki Dippers, Rice, Stir Fry Veggies	Grilled Cheese Sandwich, Tomato Soup	Meatloaf, Mashed Potatoes, Steamed Carrots, Dinner Roll	Cheeseburger, Fries, Baked Beans	Chicken Nuggets, Ball Park Nachos (Tortilla Chips and Cheese Sauce)
	February 2	3	4	5	6
Breakfast	Biscuits & Gravy	Muffin, Yogurt & Scrambled Eggs	Breakfast Burrito	Bagel w/ Cream Cheese & Sausage	Pancakes & Sausage
Lunch	Hoagie Sandwich ^{OR} PB&J, String Cheese, Sun Chips	Chicken Cordon Bleu Sandwich, Fries	Chili, Tater Tots, Dinner Roll	Super Nachos, Corn Salad	Mini Corndogs, Coleslaw, Baked Beans