

January Menu 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
		1 NO SCHOOL	2 NO SCHOOL	3 Blueberry Muffin, Yogurt Fruit, Juice, Milk Chicken Crispito, Troritlla Chip Baby Carrots, Refried Beans, Fruit,Milk	4 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Hamburger on a bun, French Fries, Lettuce Salad, Sliced Tomato, Fruit, Milk	5
6	7 Pancake on a Stick, Fruit, Juice, Milk Chicken Nuggets, Mashed Potatoes & Gravy, Peas, WW Roll (7-12), Fruit, Milk	8 Cheese Omelet, Oatmeal Square, Fruit, Juice, Milk Sloppy Joe, Hash Brown Patty, Green Beans, Fruit, Milk	9 Breakfast Pizza, Fruit, Juice, Milk Taco Soup, Fritos Chips, Lettuce Salad, Tomato Salsa, Fruit, Milk	10 Star Spangled Pancakes, Yogurt, Stawberries, Blueberries, Sausage Patty, Juice, Milk Goulash w/ WW Pasta, Green Beans, Lettuce Salad Garlic Bread (9-12), Fruit Milk	11 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Pepperoni Pizza, Lettuce Salad Red Peppers& Baby Carrots, Fruit, Milk	12
13	14 Nutri-Grain Bar, Yogurt, Juice, Fruit, Milk Chili Dog w/ Cheese, Sun Chip Broccoli, Cauliflower, Fruit Snickerdoodle, Milk	15 Bacon, Potato, and Cheese Omelet w/ Tomato Salsa, Graharm Cracker, Fruit, Juice Milk Country Steak, Mashed Potatoes & Gravy, Corn, Biscuit(9-12), Lettuce Salad, Fruit, Milk	16 Breakfast Pizza, Fruit, Juice, Milk Grilled Chicken Sandwich, Sweet Potato Fries, Red & Green Pepper Slices, Fruit, Milk	17 French Toast Sticks, Link Sausage, Fruit, Juice, Milk Spaghetti w/ Meatsauce Garlic Bread Stick, Green Beans, Tossed Salad, Fruit, Milk	18 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Super Nachos, Southwestern Beans, Lettuce Salad, Tortilla Chips, Fruit, Milk	19
20	21 NO SCHOOL	22 Cheese Omelet, Oatmeal Square, Fruit, Juice, Milk Corn Dog, Tater Tots, Green Beans, Fruit, Chocolate Chip Cookie, Milk	23 Breakfast Pizza, Fruit, Juice, Milk Chicken Quesadilla, Refried Beans, salsa, Broccoli, Tossed Salad, Fruit, Milk	24 Cinnamon Roll, Yogurt, Fruit Juice, Milk Chicken Tetrazzini, Garlic Breadsticks, Peas, Salad, Fruit, Milk	25 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Pork Rib Sandwich, Sweet Potato Fries, Lettuce salad, Sliced Tomato, Fruit, Milk	26
27	28 W G Cereal, Yogurt, Fruit, Juice, Milk Pulled Pork Sandwich, Ranch Fries, Peas, Baby Carrots, Fruit, Milk	29 Bacon, Potato, and Cheese Omelet w/ Tomato Salsa, Graharm Cracker, Fruit, Juice Milk BBQ Chicken Drumstick, Bake Beans, Cole Slaw, Biscuit, Fruit, Milk	30 Breakfast Pizza, Fruit, Juice, Milk Beef & Bean Burrito, Spanish Rice, Tomato Salsa, Refried Beans, Fruit, Milk	31 Pancakes, Patty Sausage Fruit, Juice, Milk Beef & Noodles, Mashed Potatoes, Corn, WW Roll(9-12) Lettuce Salad, Fruit, Milk		