

JANUARY 2019 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>*Alternate Menu for Grades 7-12 only.</i></p> <p><i>*Subject to change.</i></p> <p><i>*Ala Carte (Smart Snack) Line available for Grades 9 – 12 only.</i></p>	<p><i>*Low fat or fat free milk offered daily with breakfast &amp; lunch.</i></p> <p><i>*Fruit &amp; a juice cup offered daily with breakfast.</i></p> <p><i>*WGR Cereal may be substituted for main breakfast item.</i></p>	<p>2</p> <p><b>Breakfast:</b> Super Donut, HB Egg</p> <p><b>Lunch:</b> Chicken Nuggets, Twister Fries, Green Beans, Dinner Roll, Fruit Sauce</p> <p><b>Alt:</b> Chicken Quesadilla</p> <p>NOTE: NO SALAD BAR</p>	<p>3</p> <p><b>Breakfast:</b> Sausage Breakfast Pizza</p> <p><b>Lunch:</b> "Lunch Brunch" Pancakes, Sausage Links, Tri Tater, HB Egg, Baby Carrots, Applesauce</p> <p><b>Alt:</b> Hot Dog Bar</p>	<p>4</p> <p><b>Breakfast:</b> French Toast</p> <p><b>Lunch:</b> Cheese or Pepperoni Pizza, Romaine Lettuce Salad, Steamed Winter Veggie Mix, Fresh Fruit</p> <p><b>Alt:</b> Chicken Fajita</p>
<p>7</p> <p><b>Breakfast:</b> Bagel Choice, Cream Cheese</p> <p><b>Lunch:</b> Corn Dog, Tater Tots, Baked Beans, Steamed Broccoli, Fruit Sauce</p> <p><b>Alt:</b> Soup/Sandwich</p>	<p>8</p> <p><b>Breakfast:</b> Mini Pancake/Sausage Wraps</p> <p><b>Lunch:</b> Hamburger/Bun, Cheese Slice, Lettuce/Tomato, Sweet Potato Fries, Fresh Veggies, Fresh Fruit</p> <p><b>Alt:</b> Garlic Cheese Bread</p>	<p>9</p> <p><b>Breakfast:</b> Cinnamon Roll or Super Donut, HB Egg</p> <p><b>Lunch:</b> Chicken Noodle Soup, Bologna Sandwich, WG Goldfish Crackers, Romaine Lettuce Salad, Fresh Veggie Cup, Apple</p> <p><b>Alt:</b> Taco Salad Bar</p>	<p>10</p> <p><b>Breakfast:</b> Sausage Breakfast Pizza</p> <p><b>Lunch:</b> Popcorn Chicken, Crinkle Cut Fries, Bread Stick, Steamed Carrots, Frozen Fruit Cup</p> <p><b>Alt:</b> Cheese Pizza Crunchers</p>	<p>11</p> <p><b>Breakfast:</b> Colby Cheese Omelet, Mini Bagel</p> <p><b>Lunch:</b> French Bread Pizza, Spinach/Lettuce Salad, California Veggie Mix, Fresh Fruit</p> <p><b>Alt:</b> Philly Sandwich</p>
<p>14</p> <p><b>Breakfast:</b> Muffin Choice, Yogurt Cup</p> <p><b>Lunch:</b> Shrimp Poppers, Au Gratin Potatoes, Peas &amp; Carrots, Dinner Roll, Fruit Sauce</p> <p><b>Alt:</b> Stuffed Crust Pizza</p>	<p>15</p> <p><b>Breakfast:</b> Mini Blueberry Pancakes</p> <p><b>Lunch:</b> Hot Dog/Bun, Baked Beans, Potato Salad, Chips, Fresh Veggie Cup, Fresh Fruit</p> <p><b>Alt:</b> Sausage/Egg/Cheese Breakfast Sandwich</p>	<p>16</p> <p><b>Breakfast:</b> Cinnamon Roll or Super Donut, HB Egg</p> <p><b>Lunch:</b> Spaghetti in Meat Sauce, Garlic Toast, Whole Kernel Corn, Cottage Cheese, Fresh Veggie/Dip, Fresh Fruit</p> <p><b>Alt:</b> Salad Bar</p>	<p>17</p> <p><b>Breakfast:</b> Sausage Breakfast Pizza</p> <p><b>Lunch:</b> "Taco in a Bag" Chips/Meat/Cheese Lettuce/Tomato/Fixings Spud Bites, Bread Stick, Baby Carrots, Fruit Sauce</p> <p><b>Alt:</b> Ham &amp; Cheese Sub</p>	<p>18</p> <p><b>Breakfast:</b> French Toast</p> <p><b>Lunch:</b> Turkey Sub, Cheese Slice, Lettuce/Tomato, Pickle Spear, Cole Slaw, Fresh Fruit</p> <p><b>Alt:</b> Lasagna Roll Up</p>
<p>21</p> <p><b>NO SCHOOL</b></p>	<p>22</p> <p><b>Breakfast:</b> Mini Pancake/Sausage Wraps</p> <p><b>Lunch:</b> Sloppy Joe/Bun, Cheese Slice, Whole Kernel Corn, Cukes/Dip, Fresh Fruit</p> <p><b>Alt:</b> Chicken Burger</p>	<p>23</p> <p><b>Breakfast:</b> Cinnamon Roll or Super Donut, HB Egg</p> <p><b>Lunch:</b> Chili, Cheesy Bosco Stick, Carrots/Celery Sticks, Whole Grain Mini Crackers, Fresh Fruit</p> <p><b>Alt:</b> Salad Bar</p>	<p>24</p> <p><b>Breakfast:</b> Sausage Breakfast Pizza</p> <p><b>Lunch:</b> Mandarin Orange Chicken, Fluffy Rice, Stir Fry Veggies, Baby Carrots/Dip, Breadstick, Pineapple Tidbits</p> <p><b>Alt:</b> Soup/Sandwich</p>	<p>25</p> <p><b>Breakfast:</b> Colby Cheese Omelet, Mini Bagel</p> <p><b>Lunch:</b> Cheese or Mexican Pizza, Romaine Lettuce Salad, Steamed Carrots, Fruit</p> <p><b>Alt:</b> Meatball Sub</p>
<p>28</p> <p><b>Breakfast:</b> Muffin Choice, Yogurt Cup</p> <p><b>Lunch:</b> Mini Corn Dog, Sweet Potato Fries, Baked Beans, Green Beans, Fruit Sauce</p> <p><b>Alt:</b> Burger Bar</p>	<p>29</p> <p><b>Breakfast:</b> Mini Blueberry Pancakes</p> <p><b>Lunch:</b> Chicken Patty /Bun, Cheese Slice, Waffle Fries, Steamed Broccoli &amp; Cauliflower, Fresh Fruit</p> <p><b>Alt:</b> Mini Pizza</p>	<p>30</p> <p><b>Breakfast:</b> Cinnamon Roll or Super Donut, HB Egg</p> <p><b>Lunch:</b> Hamburger Gravy, Mashed Potatoes, Steamed Mixed Vegetables, Biscuit, Cranberry Sauce</p> <p><b>Alt:</b> Salad Bar</p>	<p>31</p> <p><b>Breakfast:</b> Sausage Breakfast Pizza</p> <p><b>Lunch:</b> Hot Ham &amp; Cheese/Bun, Potato Smiles, Corn on the Cob, Fresh Veggie Cup, Fruited Gelatin</p> <p><b>Alt:</b> Chicken Alfredo</p>	

This institution is an equal opportunity provider.