



January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 Biscuit-n-Gravy (273) Juice (60) *Cereal (110) ----- Popcorn Chicken (230) Broccoli w/ Cheese (75) Strawberries (24)	5 Oatmeal (158) w/ Toast (70) Juice (60) *Cereal (110) ----- Chicken Alfredo (344) Green Beans (25) Breadstick (180) Applesauce (50)
8 Cheese Omelet (180) w/ Toast (70) Hashbrown (143) Juice (60) *Cereal (110) ----- Pepperoni Pizza (300) Green Beans (25) Pears (60)	9 French Toast w/ Syrup (308) Juice (60) *Cereal (110) ----- Soft Beef Taco (277) Lettuce, Cheese (84) Refried Beans (110) Strawberries (24)	10 Sausage & Cheese on English Muffin (180) Hashbrown (143) Juice (60) *Cereal (110) ----- Chili w/ Crackers (107) Cheese Stick (110) Celery w/ Ranch (76) Apple (95)	11 Biscuit-n-Gravy (273) Juice (60) *Cereal (110) ----- Hot Dog on Bun (240) Potato Wedges (93) Peaches (60)	12 Oatmeal (158) w/ Toast (70) Juice (60) *Cereal (110) ----- Cheesy Chicken w/ Noodles (230) Carrots (24) Banana (105)
15 NO SCHOOL Dr. Martin Luther King Day	16 French Toast w/ Syrup (308) Juice (60) *Cereal (110) ----- Beef Sticks (241) Mashed Potatoes (110) w/ Gravy (35) Hot Roll (90) Peaches (60)	17 Sausage & Cheese on English Muffin (180) Hashbrown (143) Juice (60) *Cereal (110) ----- Roasted Chicken Sandwich (220) Steamed Broccoli (27) Strawberries (24)	18 Biscuit-n-Gravy (273) Juice (60) *Cereal (110) ----- Meatball Sub (229) Mixed Vegetables (37) Pineapple (70)	19 Oatmeal (158) w/ Toast (70) Juice (60) *Cereal (110) ----- Spaghetti w/ Meat Sauce (272) Green Beans (25) Applesauce (50)
22 Cheese Omelet (180) w/ Toast (70) Hashbrown (143) Juice (60) *Cereal (110) ----- PB&J Sandwich (300) Cheese Stick (110) Carrots w/ Ranch (41) Apple (95)	23 French Toast w/ Syrup (308) Juice (60) *Cereal (110) ----- Chicken Quesadilla (212) Refried Beans (110) Tropical Fruit (60)	24 Sausage & Cheese on English Muffin (180) Hashbrown (143) Juice (60) *Cereal (110) ----- Sweet & Sour Chicken (163) Rice (170) Egg Roll (110) Fortune Cookie (30)	25 Biscuit-n-Gravy (273) Juice (60) *Cereal (110) ----- Pancakes w/ Syrup (180) Sausage Patty (82) Hashbrown (143) Cooked Apples (40)	26 Oatmeal (158) w/ Toast (70) Juice (60) *Cereal (110) ----- K-6 – Ravioli (250) 7-12 – Potato Bar (373) Garden Salad (10) Orange (45)
29 Cheese Omelet (180) w/ Toast (70) Hashbrown (143) Juice (60) *Cereal (110) ----- Chicken Patty (281) on/ WG Bun (120) Cauliflower w/ Cheese (111) Pears (60)	30 French Toast w/ Syrup (308) Juice (60) *Cereal (110) ----- Chicken Nacho (346) Refried Beans (110) Applesauce (50)	31 Sausage & Cheese on English Muffin (180) Hashbrown (143) Juice (60) *Cereal (110) ----- BBQ Z-Rib (140) on WG Bun (120) Sautéed Carrots (30) Applesauce (50)	Menu subject to change without notice! All meals served with FF or Skim milk! Chef Salad (7-12) or PBJ, Ham, or Turkey sandwiches available Monday – Thursday as an alternate to the main entrée. These sandwiches can also be purchased a la carte.	

"This institution is an equal opportunity provider."