



JANUARY 2024 DYSPHAGIA MENU

2023-2024 Meal Prices:

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

Reduced Student Breakfast: FREE // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL
8 2 Yogurts Applesauce Juice Milk Cheese Enchiladas Seasoned Black Beans Green Beans Canned Peaches	9 Chicken & Waffles Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana Canned Pineapples	10 Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler	11 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Spaghetti Glazed Carrots Green Beans Sliced Pears	12 Pancakes & Sausage Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler
15 NO SCHOOL	16 2 Yogurts Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Fruit Cocktail	17 French Toast w/ Fruit Compote Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Mashed Potatoes Green Beans Fruit Cobbler	18 Chicken Biscuit w/ Gravy Applesauce Juice Milk Chili Mashed Potatoes w/ Gravy Glazed Carrots Fruit Cocktail	19 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Green Chili Burrito Glazed Carrots Green Beans Mandarin Oranges
22 Oatmeal Applesauce Juice Milk Cheese Enchiladas Seasoned Black Beans Green Beans Canned Peaches	23 Chicken & Waffles Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana & Canned Pineapples	24 Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler	25 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Spaghetti Glazed Carrots Green Beans Sliced Pears	26 Pancakes & Sausage Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler

29 Fruit & Yogurt Parfait Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Sliced Peaches	30 Sausage Biscuit w/ Gravy Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Fruit Cocktail	31 French Toast w/ Fruit Compote Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Mashed Potatoes Green Beans Fruit Cobbler	1 Chicken Biscuit w/ Gravy Applesauce Juice Milk Chili Mashed Potatoes w/ Gravy Glazed Carrots Fruit Cocktail	2 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Green Chili Burrito Glazed Carrots Green Beans Mandarin Oranges
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All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

****All meals come with a choice of 1% white milk or fat free chocolate milk****

*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

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Menus are subject to change without notice due to price and availability of food