



JANUARY 2019 BREAKFAST AND LUNCH MENU

ELEMENTARY BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2

ELEMENTARY LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
French Toast 7	Whole Wheat Cinnamon Roll 8	Sausage & Cheese English Muffin 9	Blueberry Banana Muffin 10	Sausage & Cheese or Pepper Jack Cheese Kolache 11
Breaded Chicken Sandwich Mini Corn Dogs Baby Carrots Charro Beans Frozen Peach Cup	Chicken Chunks Hamburger or Cheeseburger Cole Slaw Whole Kernel Corn Fresh Apple Slices Banana Bread	Mini Pizza Bagels Meatball Sub Garden Salad Seasoned Green Beans Mandarin Oranges	Chicken Teriyaki & Stir Fried Rice Hamburger or Cheeseburger Fresh Broccoli Garden Salad Fresh Grapes Veggie Egg Roll	Steak Fingers Turkey Hot Dog Garden Fresh Carrot & Radish Dippers Mashed Potatoes Diced Pears
Mini Pancakes 14	Whole Wheat Cinnamon Roll 15	Sausage & Cheese Biscuit Sausage Biscuit 16	Ham & Cheese Croissant Cheese Croissant 17	Peach Kolaches 18
Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Charro Beans Sliced Peaches	Cheese Stuffed Breadsticks Chicken Tenders Garden Salad Whole Kernel Corn Orange Smiles	Cheese or Turkey Pepperoni Pizza Hamburger or Cheeseburger Carrot & Broccoli Slaw Fresh Cucumber Slices Fresh Berries	Spaghetti & Meatballs Turkey Hot Dog Fresh Broccoli Garden Salad Mixed Fruit Wheat Roll	Macaroni & Cheese Fish Nuggets Garden Salad Seasoned Green Beans Mandarin Oranges Wheat Roll
21	Whole Wheat Cinnamon Roll 22	Sausage & Cheese English Muffin 23	Chicken Biscuit 24	Sausage & Cheese or Pepper Jack Cheese Kolache 25
SCHOOL HOLIDAY	Beef Soft Tacos Hamburger or Cheeseburger Cole Slaw Charro Beans Fresh Apple Slices	Mini Pizza Bagels Meatball Sub Garden Salad Whole Kernel Corn Peach Cobbler	Chicken Teriyaki & Stir Fried Rice Turkey Hot Dog Fresh Celery Dippers Garden Salad Mandarin Oranges Veggie Egg Roll	Steak Fingers Fish Sandwich Mashed Potatoes Garden Salad Mandarin Oranges Banana Bread
Mini Pancakes 28	Whole Wheat Cinnamon Roll 29	Sausage & Cheese Biscuit Sausage Biscuit 30	Ham & Cheese Croissant Cheese Croissant 31	
Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Charro Beans Sliced Peaches	Pulled Pork BBQ Sandwich Chicken Tenders Mixed Greens w/ Turkey Bacon Whole Kernel Corn Mandarin Oranges Wheat Roll	Cheese or Turkey Sausage Pizza Hamburger or Cheeseburger Garden Salad Seasoned Green Beans Peach Cobbler	Orange Chicken & Lo Mein Hamburger or Cheeseburger Mixed Vegetables Garden Salad Fresh Mixed Fruit Veggie Egg Roll	

A complete breakfast includes

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

Daily Breakfast Features

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

A complete lunch includes

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Sunbutter & jelly entrée
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl

Fresh Entrée Salads

- Monday: egg & bacon spinach salad
 - Tuesday: chef's salad
 - Wednesday: cranberry apple salad
 - Thursday: southwest chicken salad
 - Friday: mandarin chicken salad
- Grilled Chicken Caesar Salad served daily.*



ROOT VEGETABLES

Excellent sources of fiber and complex carbohydrates to keep you full and energized all day.

Includes beets, carrots, turnips, sweet potatoes, white potatoes, onions, parsnips, garlic, jicama, radishes, yuca, rutabaga, and celery root.

Good sources of Vitamins A and C to lower inflammation, protect your skin and eyes, and fight cancer cells in the body.

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Fax: (202) 690-7442; or Email: program.intake@usda.gov. This institution is an equal opportunity provider.

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