



JANUARY 2019 BREAKFAST AND LUNCH MENU

HIGH SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

HIGH SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
French Toast Sausage & Cheese Kolache Fruit & Yogurt Parfait 7	Mini Pancakes Fruit & Yogurt Parfait 8	Turkey Bacon & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Overnight Oats 9	Blueberry Banana Muffin Chicken Biscuit Fruit & Yogurt Parfait Overnight Oats 10	Peach Kolaches Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait Overnight Oats 11
Mini Corn Dogs Seasoned Peas Tossed Salad Frozen Peach Cup	Pulled Pork BBQ Sandwich Charro Beans Broccoli Salad Fresh Diced Apples	Lasagna Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Veggie Egg Roll Mandarin Oranges	Nachos Garden Fresh Roasted Beets Tossed Salad Diced Pears
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait 14	Blueberry Banana Muffin Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait 15	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Overnight Oats 16	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait Overnight Oats 17	French Toast Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait Overnight Oats 18
Steak Fingers Mashed Potatoes Tossed Salad Mandarin Oranges Wheat Roll	Korean BBQ Oven Roasted Chicken Steamed Rice Kimchi Slaw Diced Carrots Fresh Pineapple Chunks Wheat Roll	Cheese Enchiladas Seasoned Black Beans Tossed Salad Diced Carrots Fresh Mixed Fruit	Chicken Teriyaki w/ Stir Fried Rice Spicy Spinach Salad Mixed Vegetables Diced Pears Veggie Egg Roll	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
	French Toast Peach Kolache Fruit & Yogurt Parfait 22	Turkey Bacon & Egg Breakfast Taco Peach Kolache Fruit & Yogurt Parfait Overnight Oats 23	Blueberry Banana Muffin Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait Overnight Oats 24	Egg, Ham & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait Overnight Oats 25
SCHOOL HOLIDAY	Crunchy Tacos Whole Kernel Corn Tossed Salad Fresh Cantaloupe Chunks Cornbread	Chorizo Mac & Cheese Diced Carrots Tossed Salad Diced Pears	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Veggie Egg Roll Fresh Pineapple Chunks	Pulled Pork BBQ Sandwich Charro Beans Mixed Greens w/ Turkey Bacon Fresh Mixed Fruit
French Toast Sausage & Cheese Kolache Fruit & Yogurt Parfait 28	French Toast Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait 29	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Overnight Oats 30	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait Overnight Oats 31	
Fish Tacos Charro Beans Tossed Salad Sliced Peaches	Meatball Sub Diced Carrots Tossed Salad Mandarin Oranges	Chimichurri Chicken w/ Tortilla Cilantro Rice Seasoned Black Beans Tossed Salad Fresh Pineapple Chunks	Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Veggie Egg Roll Fresh Diced Apples	

Breakfast

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
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

Lunch

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
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl

Fresh Entrée Salads Offered Daily

- 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.*

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Menus subject to change due to price & availability of food.