

DYSPHAGIA
Breakfast & Lunch

JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL
7	8	9	10	11
2 Yogurts Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler	Oatmeal w/ Fruit Compote Applesauce Juice Milk Pulled Pork BBQ Sweet Potatoes Creamed Corn Canned Peaches	Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Green Peas Squash/Zucchini Spiced Applesauce	Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail	Pancakes & Sausage Applesauce Juice Milk Fish Filet w/ Tartar Sauce Tomato Soup Creamed Corn Fruit Cobbler
#16	#17	#18	#19	#20
14	15	16	17	18
Sausage Biscuit w/ Gravy Applesauce Juice Milk Chicken Enchiladas Seasoned Pinto Beans Creamed Corn Canned Peaches	Fruit & Yogurt Parfait Applesauce Juice Milk Salisbury Steak Green Peas Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice	French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce	Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears	Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler
#1	#2	#3	#4	#5
21	22	23	24	25
NO SCHOOL	2 Yogurts Applesauce Juice Milk Turkey Alfredo Green Peas Glazed Carrots Pineapple Tidbits	Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler Fruit Cobbler	Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail	Pancakes & Sausage Applesauce Juice Milk Green Chili Burrito w/ Nacho Cheese Mixed Vegetables Creamed Corn Mandarin Oranges
#6	#7	#8	#9	#10

2018-2019 Meal Prices:
Paid Elementary Breakfast: \$1.00
Paid Elementary Lunch: \$2.25
Paid Secondary Breakfast: \$1.25
Paid Secondary Lunch: \$2.50
Reduce Student Breakfast: \$0.20

28	29	30	31
Sausage Biscuit w/ Gravy	Fruit & Yogurt Parfait	French Toast w/ Fruit Compote	Chicken Biscuit w/ Gravy
Applesauce	Applesauce	Applesauce	Applesauce
Juice	Juice	Juice	Juice
Milk	Milk	Milk	Milk
Chicken Enchiladas	Salisbury Steak	Chicken Teriyaki	Spaghetti
Seasoned Pinto Beans	Green Peas	Fried Rice	Glazed Carrots
Creamed Corn	Mashed Potatoes	Edamame	Seasoned Green Beans
Canned Peaches	Fresh Banana w/ Pineapple or Orange	Squash/Zucchini	Canned Pears
	Juice	Spiced Applesauce	
#11	#12	#13	#14

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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