



# JANUARY 2019 BREAKFAST AND LUNCH MENU

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

MIDDLE 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 9	Blueberry Banana Muffin Chicken Biscuit Fruit & Yogurt Parfait 10	Peach Kolaches Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 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 Peas
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 16	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 17	French Toast Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 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 Fresh Mixed Fruit	Chicken Teriyaki w/ Stir Fried Rice Spicy Spinach Salad Mixed Vegetables Diced Peas Veggie Egg Roll	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
21	French Toast Peach Kolache Fruit & Yogurt Parfait 22	Turkey Bacon & Egg Breakfast Taco Peach Kolache Fruit & Yogurt Parfait 23	Blueberry Banana Muffin Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 24	Egg, Ham & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait 25
SCHOOL HOLIDAY	Crunchy Tacos Whole Kernel Corn Tossed Salad Fresh Cantaloupe Chunks Cornbread	Chorizo Mac & Cheese Diced Carrots Tossed Salad Diced Peas	Orange Chicken & Lo Mein Diced Carrots 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 30	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 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

### A complete lunch includes

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

## Lunch

### 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.*

### Daily Lunch Features

- Hummus & pita bread entrée
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl



## HARVEST OF THE MONTH

### 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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: **Mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 **Fax:** (202) 690-7442; or **Email:** [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

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