



JANUARY 2019 BREAKFAST AND LUNCH MENU

PRE-K BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2
 PRE-K 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 or Yogurt & Granola 8	Sausage & Cheese English Muffin 9	Blueberry Banana Muffin 10	Sausage & Cheese Kolache 11
Mini Corn Dogs Baby Carrots Charro Beans Frozen Peach Cup	Cheeseburger Cole Slaw Whole Kernel Corn Fresh Apple Slices	Mini Pizza Bagels Garden Salad Seasoned Green Beans Mandarin Oranges	Chicken Teriyaki & Stir Fried Rice Fresh Broccoli Garden Salad Fresh Grapes	Steak Fingers Garden Fresh Carrot & Radish Dippers Mashed Potatoes Diced Pears
Mini Pancakes 14	Whole Wheat Cinnamon Roll or Yogurt & Granola 15	Sausage & Cheese Biscuit 16	Ham & Cheese Croissant 17	Sausage & Cheese Kolache 18
Nachos w/ Baked Tostitos Baby Carrots Charro Beans Sliced Peaches	Chicken Tenders Garden Salad Whole Kernel Corn Orange Smiles	Cheese Pizza Carrot & Broccoli Slaw Fresh Cucumber Slices Fresh Berries	Spaghetti & Meatballs Fresh Broccoli Garden Salad Mixed Fruit	Macaroni & Cheese Garden Salad Seasoned Green Beans Mandarin Oranges
21	Whole Wheat Cinnamon Roll or Yogurt & Granola 22	Sausage & Cheese English Muffin 23	Chicken Biscuit 24	Sausage & Cheese Kolache 25
SCHOOL HOLIDAY	Beef Soft Tacos Cole Slaw Charro Beans Fresh Apple Slices	Meatball Sub Garden Salad Whole Kernel Corn Peach Cobbler	Turkey Hot Dog Fresh Celery Dippers Garden Salad Mandarin Oranges	Steak Fingers Mashed Potatoes Garden Salad Mandarin Oranges
Mini Pancakes 28	Whole Wheat Cinnamon Roll or Yogurt & Granola 29	Sausage & Cheese Biscuit 30	Ham & Cheese Croissant 31	
Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Charro Beans Sliced Peaches	Chicken Tenders Mixed Greens w/ Turkey Bacon Whole Kernel Corn Mandarin Oranges	Cheese Pizza Garden Salad Seasoned Green Beans Peach Cobbler	Hamburger Mixed Vegetables Garden Salad Fresh Mixed Fruit	

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:

- Entree
- 1 fruit
- 2 vegetables
- 1% white milk

Vegetarian Lunch Option

- Hummus & pita bread entree

Daily Lunch Options

- Assorted Fruit Bowl



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