



JANUARY DYSPHAGIA MENU

2020-2021 Meal Prices:

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25
 Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50
 Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Oatmeal w/ Fruit Compote Applesauce Juice Milk</p> <p>Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler</p> <p style="text-align: right;">#16</p>	<p>5 Chicken & Waffles Applesauce Juice Milk</p> <p>Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches</p> <p style="text-align: right;">#17</p>	<p>6 Cinnamon Roll w/ Sausage Applesauce Juice Milk</p> <p>Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce</p> <p style="text-align: right;">#18</p>	<p>7 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk</p> <p>Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail</p> <p style="text-align: right;">#19</p>	<p>8 Pancakes & Sausage Applesauce Juice Milk</p> <p>Fish Filet w/ Tartar Sauce Tomato Soup Glazed Carrots Fruit Cobbler</p> <p style="text-align: right;">#20</p>
<p>11 Fruit & Yogurt Parfait Applesauce Juice Milk</p> <p>Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches</p> <p>#1</p>	<p>12 Sausage Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice</p> <p>#2</p>	<p>13 French Toast w/ Fruit Compote Applesauce Juice Milk</p> <p>Chicken Teriyaki Fried Rice Glazed Carrots Squash/Zucchini Spiced Applesauce</p> <p>#3</p>	<p>14 Chicken Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears</p> <p>#4</p>	<p>15 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk</p> <p>Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler</p> <p>#5</p>
<p>18</p> <p style="font-size: 24pt; font-weight: bold;">NO SCHOOL</p> <p style="text-align: right;">#6</p>	<p>19 2 Yogurts Applesauce Juice Milk</p> <p>Turkey Alfredo Green Beans Glazed Carrots Fruit Cocktail</p> <p>#7</p>	<p>20 Cinnamon Roll w/ Sausage Applesauce Juice Milk</p> <p>Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler</p> <p>#8</p>	<p>21 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk</p> <p>Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail</p> <p>#9</p>	<p>22 Pancakes & Sausage Applesauce Juice Milk</p> <p>Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges</p> <p>#10</p>

25 Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches #11	26 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #12	27 French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Teriyaki Fried Rice Glazed Carrots Squash/Zucchini Spiced Applesauce #13	28 Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears #14	29 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler #15
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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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Menus are subject to change without notice due to price and availability of food