

**BREAKFAST**

TWO CHOICES DAILY - TAKE ALL ITEMS IN ANY SINGLE COLUMN

Monday,Wednesday,Friday Choose **B** OR **C** Tuesday **A** or **B** Thursday **B** or **D**

<b>A: YOGURT CUP</b>	<b>B: WHOLE GRAIN CEREAL</b>	<b>C: WRAPPED MUFFIN</b>	<b>D: Whole Grain BAGEL</b>
* Triple Cherry * Raspberry * Strawberry/Banana & GRAHAM CRACKERS	*Fruity Cheerios * Cinnamon Toast Crunch * Coco Puffs  & CHEESE STICK	* Strawberry/Banana * Chocolate Chip  & CHEESE STICK	or WG Poptart   CREAM CHEESE

Fresh Fruit Served Daily, 100% Fruit Juice offered Tuesday & Thursday

**January 2019 SCHOOL LUNCH MENU K-6**

1% Flavored		White	Chocolate	Strawberry		
Skim or 1%or less unflavored		Portion in fl.oz.	8 fl oz.	8 fl oz.	8 fl oz.	
Components	Menu Item					
Week 1	Name & Info	Jan. 1	Jan. 2	Jan. 3	Jan. 4	
Meat/Meat Alternative				Chicken Tenders	Rippers	
Grain		NO	NO	WG Roll		
Veg		SCHOOL	SCHOOL	Refried Beans	Lettuce & Tomato Salad	
Fruit				Banana	Orange	
Condiments				BBQ	LF Mayo	
				Hot Sauce	Mustard	
			<b>Jan. 7</b>	<b>Jan. 8</b>	<b>Jan. 9</b>	<b>Jan. 10</b>
Meat/Meat Alternative			Spaghetti	Chicken	Whole Grain Blueberry Waffles	Chicken Fajita
Grain			w/Meat Sauce	and Gravy	Chicken Sausage Patty	WG Tortilla
Veg			Spinach Salad	Mashed Potatoes	Celery Sticks	Seasoned Beans
Fruit			Apple	Flavored Applesauce	Fruit Cup	Orange
Condiments		Parm Cheese		Ranch	Picante	
				Hot Sauce	Mayo	

# January 2019 SCHOOL LUNCH MENU K-6

Milk Choices		Flavor	White	Chocolate	Strawberry	Other	
Two choices required. 1% flavored 1% or less unflavored		Fat content(s)	1% or fat free	1%	1%		
		Portion in fl.oz.	8 fl oz.	8 fl oz.	8 fl oz.		
Components Week 1	Menu Item Name & Info	<b>Jan. 14</b>	<b>Jan. 15</b>	<b>Jan. 16</b>	<b>Jan. 17</b>	<b>Jan. 18</b>	
Meat/Meat Alternative		Meatloaf Slider	Chicken Patty	Meatballs	Nacho's	All Beef	
Grain		on a Bun	WG Roll	in Gravy	Tostito Scoops	Hot Dog	
Veg		Carrot Sticks	Carrot Sticks	Mashed Potatoes	Romaine Salad	Baked Beans	
Fruit		Applesauce	Orange	Banana	Peach cup	Apple	
Condiments		Ranch	Ranch/Mayo		Hot Sauce	Mustard	
			Hot Sauce		Picante	Catsup	
			<b>Jan. 21</b>	<b>Jan. 22</b>	<b>Jan. 23</b>	<b>Jan. 24</b>	<b>Jan. 25</b>
Meat/Meat Alternative		<b>NO SCHOOL</b>	Spaghetti	French Toast Sticks	Chicken Tenders	Whole Grain	
Grain		<b>MLK Jr.</b>	Meat Sauce	Chicken Sausage Patty	WG Roll	Donut Balls	
Veg		<b>Day</b>	Caesar Salad	Carrot Sticks	Green Beans	Tater Tots	
Fruit			Orange	Banana	Fruit Cup	Flavored Applesauce	
Condiments			Parm Cheese	Ranch	Hot Sauce	LF Mayo	
					BBQ Sauce	Mustard	
			<b>Jan. 28</b>	<b>Jan. 29</b>	<b>Jan. 30</b>	<b>Jan. 31</b>	
<b>Alternate Sandwiches Offered:</b>		Bosco Sticks w/Marinara	Cheeseburger WG Bun	Pillsbury Soft Filled Breakfast Bar	Chicken Fajita WG Tortilla		
Cheese, Peanut butter & Jelly		Spinach Salad	Sweet Potato Fries	Chichen Sausage Patty	Seasoned Beans		
		Flavored Applesauce	Banana	Celery Sticks	Orange		
		Parm Cheese	Catsup	Strawberry cup	Picante Sauce		
			LF Mayo	Ranch	Hot sauce		