

JANUARY 2019

STAPLES MOTLEY AREA SCHOOLS

KEY: B- Breakfast L- Lunch

Milk served with all meals

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 no school	2 no school	3 B Egg Burrito with cheese, ½ cup fruit, juice, milk L-Hamburger Gravy over Mashed Potatoes, bread, green beans, fruit and milk	4 Long Johns, ½ cup fruit, juice, milk L- Italian Dunkers with sauce, corn, juice, salad bar, fruit and milk
7B-Goldfish crackers, Yogurt, ½ cup fruit, juice, milk L-BBQ Chicken breast on a bun, Cole Slaw, Baked Beans, chips, fruit and milk	8B-French Toast with syrup, ½ cup fruit, juice, milk L-Hot Dog on Bun, Sliced Cucumbers, Bake Fries, Salad Bar, fruit and Milk	9B-Stuffed Bagel, ½ fruit, juice, milk L- Chicken alfredo with bread sticks, salad bar, cucumbers, peas and carrots, fruit and milk	10B-Egg Sandwich, ½ cup fruit, juice, milk L- Drumstick, Mashed potatoes with gravy, Bread slice, Broccoli, Fruit and Milk	11B- Cinnamon rolls, ½ cup fruit, juice, milk L-Mini corn dogs, Baked Beans, Chips, Fruit, salad bar, milk
14B Waffles, ½ cup fruit, fruit juice and milk L-Orange Chicken with Rice, Fresh carrots, Broccoli, fruit, juice, Milk	15B snack bread, ½ cup fruit, fruit juice and milk L-Beef Taco, Shredded Lettuce, Diced Tomatoes, shredded cheese, corn, Fruit, Milk	16B- Breakfast Pizza, ½ cup fruit, juice and milk L- Chicken Nuggets, Mashed potatoes, gravy, marinated Cucumbers, broccoli, fruit and Milk	17B- Egg Sandwich, ½ cup fruit, juice, milk L- Cheeseburger patty on a Bun, fries, Salad bar, fresh fruit and milk	18B- Long Johns, ½ cup fruit, juice, milk L-Assorted Pizza, WG Cookies, Spinach Salad Bar, Assorted Fruit and Milk
21 NO School	22B- Pancake with syrup, ½ cup fruit, juice, milk L-French Toast Sticks, Sausage links, Assorted Fruit, GF Crackers, carrots and Milk	23B- Stuffed Bagel, ½ fruit, juice, milk L- Mac and Cheese, dinner roll, salad bar, baked beans, fruit and milk	24B Egg Burrito with cheese, ½ cup fruit, juice, milk L- Sloppy Joes, fries, corn, juice, fruit and milk	25B- Cinnamon rolls, ½ cup fruit, juice, milk L-Assorted Pizza, cookies, salad bar, green beans, juice, fruit and milk
28B –Waffles, ½ cup fruit, juice, milk L-Seasoned meatballs, mashed potatoes, corn, salad, fruit and milk	29B French Toast with syrup, ½ cup fruit, juice, milk L-Soup and Sandwich (HS MS) Hot dogs with chips, Baked Beans (Elem), Salad, Fruit, and milk	30B Breakfast Pizza, ½ cup fruit, juice and milk L-Spaghetti with meat sauce, garlic toast, dinner salad, Peas, fruit and milk	31 Egg Sandwich, ½ cup fruit, juice, milk L Loaded Nachos with meat and cheese sauce, corn, bread slice, fruit and milk	1 Long Johns, ½ cup fruit, juice, milk L- Italian Dunkers with sauce, corn, juice, salad bar, fruit and milk

Milk Choices offered daily