

January 2019 Elementary Lunch Menu

Fresh Fruit and Milk Served Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 th 1.Turkey bacon wrap 2.Peppi Pizza Salad w\roll 3.Bean & Cheese burrito 4.Chicken nuggets w gravy and breadstick 5.Korean BBQ and Rice	8 th 1.Chicken Craisin Wrap 2.Spinach Pear Salad w\roll 3.Pork BBQ Slider 4.Cheesy stuff sticks w\marinara 5.Chicken Fajita Bowl	9 th 1.Bacon Ranch Pasta 2.Fruit, cheese and Yogurt plate w\roll 3.Cheeseburger 4.Chicken nachos 5.Turkey cheddar pita Pocket	10 th 1.popcorn chicken salad w\breadstick 2.Taco Loco Salad 3.Baked potato w\bbq and cornbread 4.Corn Dog 5.Itallan Wrap	11 th 1.Combo Sub 2.Turkey Chef Salad w\roll 3.Breaded Beef Fingers 4.Fish & Chips 5. Pepperoni Pizza
14 th 1.Super Salad w\roll 2.Grilled Cheese 3.Chicken Nuggets 4.Kidzable Pizza 5.Beef tamales w\chili and chip	15 th 1.Turkey ham & cheese sandwich 2.Gyro sandwich 3.BBQ Chicken salad w\roll 4.beefy macaroni 5.cheesy stuff bread w\marinara	16 th 1.Wrap and Yogurt 2.Popeye Spinach Salad w\roll 3.hamburger w\cheese 4.chicken soft taco 5. Hot and Crunchy Chicken	17 th 1.Fruit cheese & Yogurt Plate w\breadstick 2.Chicken bacon Ranch flatbread 3.corn dog 4.pulled pork taco 5.Mandarin Mango Chicken Stir Fry	18 th 1.Chicken Caesar Salad w\breadstick 2.Popcorn chicken wrap 3.fish sandwich 4.frito chili pie 5.pepperoni pizza
21 st 1.Asian salad w\roll 2.Turkey ham & cheese sandwich 3.Chicken soft taco 4.Chicken Nugget 5. Spaghetti w\meatballs	22 nd 1.Turkey chef salad w\roll 2.Sloppy Joe on bun 3.Beef & cheese nachos 4.Cheesy stuff bread w\marinara 5.Chciken Verde Sandwich	23 rd 1.American Sub 2.Popcorn chicken salad w\breadstick 3.cheeseburger 4.beef lasagna w\roll 5.Breakfast Bowl	24 th 1.Turkey Chef Salad w\roll 2.Fiesta Frito Wrap 3.Chili Dog 4.Grilled Cheese 5.Chicken enchilada bake	25 th 1.Chicken BLT Salad 2.Crispy Chicken Wrap 3.Fish sticks & Mac n Chs 4.Chicken Teriyaki w\rice 5.Pepperoni Pizza
28 th 1.Garden Salad w\roll 2.Turkey bacon wrap 3.Chicken nuggets 4.Diced BBQ chicken slider 5.beef enchilada	29 th 1.Turkey Chef Salad w\roll 2.Kidzable Nachos 3.cheesy breadstick 4.Chicken potato bowl 5.Roasted Chicken	30 th 1.Fruit, cheese and yogurt w\grahams 2.Spinach pear salad w\roll 3.cheeseuburger 4.sweet & sour Chicken w\fried rice 5.Turkey and Gravy w\biscuit	31 st 1.Minnie Mouse salad w\roll 2.popcorn chicken wrap 3.steak fingers w\gravy 4.chicken nugget w\gravy 5.mini corn dogs.	

Hot Veggies


Tossed Salad

Cold Veggies

All served daily

January Elementary Breakfast 2019

Fresh Fruit and Milk Served Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 th Pancake on Stick Cinnamon Toast crunch Cereal Frosted Strawberry Poptart Grahams	8 th English Muffin Melt Cheddar Cheese Stick Grahams Apple Jacks Cereal Blueberry Craisins	9 th Cinnamon Apples Frosted Flakes Cereal Fruity Cheerio Bar Grahams	10 th Breakfast Plate Blueberry Muffin Top Grahams Trix Cereal	11 th Kolache Smoothie Fruity Cheerio Cereal Grahams
14 th Cinnamon Toast Crunch Cereal Frosted Cinnamon poptart Vanilla Grahams Strawberry Bread	15 th Sausage Breakfast Pizza String Cheese Vanilla Grahams Apple Jacks Cereal	16 th Chicken and Biscuit Cinnamon Toast Crunch bar Frosted Flakes Cereal Vanilla Grahams	17 th Breakfast Plate Blueberry Muffin Top Grahams Trix Cereal	18 th Banana Parfait Egg & Potato taco Cinnamon Grahams Fruity Cheerio Cereal
21 st Blueberry potart Cinnamon roll Cinnamon toast crunch cereal Dino bites grahams	22 nd Breakfast bites Colby jack cheese stick Dino bites Apple jacks cereal	23 rd Cheese toast Dino bites Frosted flakes cereal Strawberry cheerio bar	24 th Sausage egg and toast Chocolate muffin Dino bites Trix cereal	25 th Berry banana smoothie Dino bites Dutch waffle Fruity cheerios cereal
28 th Pancake on stick Cinnamon toast crunch cereal Frosted strawberry potart Grahams	29 th English muffin melt Cheddar cheese stick Apple jacks cereal Grahams	30 th Apple crisp Frosted flakes cereal Fruity cheerio cereal bar Grahams	31 st Breakfast plate Blueberry muffin top Trix cereal Grahams	
				

January 2019 High School Lunch Menu

Fresh Fruit and Veggies Served Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 th Cheeseburger Chicken Burger Pepperoni Pizza Taco Pizza Bowtie Pasta w\ Alfredo Chili Lime Chicken w\Lime Rice Green Beans Salad	8 th Mini Ravioli W\ Marinara Cheeseburger Chicken Burger Spicy Chicken Burger Beef & Cheese nachos Pepperoni Pizza Supreme Pizza Potato Wedges Carrot Coins Salad	9 th Bacon Cheeseburger Chicken Tenders w\Gravy Chicken Sandwich Pulled Pork tacos Pulled Pork Pizza Pepperoni Pizza Spicy Chicken burger Charro Beans Mashed Potatoes Salad	10 th Cheeseburger Chicken bacon Ranch pizza Chicken Burger Roasted Chicken w\roll Pepperoni Pizza Tamales w\chili and chips Spicy chicken burger Roasted Carrots Baked Beans Salad	11 th Cheeseburger Chicken Burger Gyro Flatbread Hawaiian Pizza Rib Sandwich Cheese Pizza Mixed Veggies Potato Wedges Salad
14 th Beefy Macaroni w\roll Cheeseburger Chicken burger Chili Dog Pepperoni Pizza Bread Taco Pizza Spicy Chicken burger Green beans Potato Wedges Salad	15 th Cheeseburger BBQ Wings Chicken Burger Chicken Pot Pie w\biscuit Cheese pizza Supreme Pizza Tator Tots Yellow Squash Salad	16 th Chicken Burger General TSO Chicken w\Egg Roll Pepperoni Pizza Smothered Burrito Cheeseburger Cheese Pizza Charro Beans Mixed Veggies Salad	17 th Pepperoni Pizza Spicy Chicken Burger Chicken Burger Tamales w\ chili and chip Korean Pork BBQ w\roll Cheeseburger Chicken Bacon Ranch pizza Roasted Carrots Cabbage Stir Fry Salad	18 th Cheese Pizza Cheeseburger Chicken Parm w\roll Chicken burger Pepperoni Pizza Taco Soup Spicy chicken burger Seasoned Steamed Broccoli Corn Salad
21 st Pizza Sticks w\marinara Cheeseburger Chicken Burger Chili Dog Pepperoni Pizza Spaghetti & Meat sauce w\roll Spicy chicken burger Corn Potato wedges Salad	22 nd Bacon Cheeseburger Chicken enchilada w\ cheese Chicken burger Pepperoni Pizza Supreme Pizza Spicy chicken burger Chicken Teriyaki w\roll Churros Egg roll Salad	23 rd Bacon Cheeseburger Breakfast bowl Honey Dippers Chicken Burger Spicy Chicken Burger Pizza Sticks w\marinara Pepperoni Pizza Green Beans Mixed Veggies Salad	24 th Cheeseburger Chicken bacon ranch pizza Chicken burger Pepperoni pizza Spicy chicken burger Tamales w\chili and chips Turkey and Gravy Red Potatoes Roasted Carrots Salad	25 th Chicken burger Cheeseburger Hawaiian pizza Pepperoni Pizza Bread BBQ chicken w\cornbread Spicy chicken burger Normandy blend Corn Salad
28 th Cheeseburger Chicken burger Corn dog Mandarin mango chicken stir fry w\rice Pepperoni Pizza Taco Pizza Potato wedges Spinach Salad	29 th Beef enchiladas Buffalo chicken pasta w\roll Cheeseburger Chicken burger Pepperoni pizza bread Supreme pizza Churros Peas & carrots Salad	30 th Beef fingers w\gravy Bacon cheeseburger Chicken burger Taco pizza Cheese pizza sticks w\marinara Spicy chicken burger Chicken tender w\gravy Black eyed peas Potato wedges Salad	31 st Baked potato w\chili and cornbread Cheeseburger Chicken burger Chicken bacon ranch pizza Spicy chicken burger Tamales w\chili & chips Green beans Squash Salad	1 st Cheeseburger Chicken burger Frito chili pie Hawaiian pizza Pepperoni pizza Chicken fried steak burger Potato wedges Baked beans Salad

Milk and Juice Served Daily

January 2019 High School Breakfast

MILK, JUICE AND FRESH FRUIT SERVED DAILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 th Banana parfait Pancake on stick Grahams Strawberry poptart Cinnamon toast crunch	8 th Berry Yogurt Parfait Pancake sausage sandwich Apple jacks Grahams	9 th Banana parfait Breakfast wrap Apple crisp Frosted flakes Fruity cheerio bar	10 th Breakfast bowl Berry parfait Blueberry muffin top Grahams Trix cereal	11 th Banana parfait Breakfast casserole Grahams Fruity cheerios Kolache
14 th Breakfast nachos Strawberry\lemonade smoothie cinnamon poptart grahams cinnamon toast crunch cereal	15 th Breakfast pizza Smoothie Apple jacks cereal Grahams Pancake sausage sandwich	16 th Breakfast wrap Chicken on a biscuit Strawberry\lemonade smoothie Frosted flakes cereal	17 th Breakfast bowl Smoothie Chocolate muffin top Trix cereal Grahams	18 th Strawberry\lemonade smoothie Dutch waffle Fruity cheerios Grahams Sausage sandwich
21 st Breakfast nachos French toast Tropical parfait Cinnamon toast crunch Grahams	22 nd Breakfast bites Pancake sausage sandwich Apple jacks cereal Grahams Peaches & Cream parfait	23 rd Breakfast wrap Tropical parfait Grahams Frosted flakes Oatmeal w\brown sugar	24 th Sausage egg and toast Peaches & Cream parfait Chocolate muffin Grahams Trix cereal	25 th Tropical parfait Grahams Dutch waffle Fruity cheerios Sausage sandwich
28 th Banana parfait Breakfast nachos Pancake on stick Grahams Cinnamon toast crunch	29 th Berry parfait Pancake sausage Apple jacks Grahams English muffin melt	30 th Banana parfait Breakfast wrap Apple crisp Grahams Frosted flakes	31 st Breakfast plate Berry parfait Blueberry muffin top Grahams Trix cereal	1 st Banana parfait Kolache Breakfast casserole Grahams Fruity cheerios