

JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		BREAKFAST LUNCH	BREAKFAST Pancake stix w.g toast Yogurt fruit milk LUNCH Taco tator tots shells Broccoli fruit milk Veg bar	BREAKFAST Cereal cheese stix Fruit bagels milk LUNCH Ham tetrazzini green beans cheese slice Fruit veg bar mik W.g. bread	BREAKFAST Egg omelet sausage W.g.toast fruit milk LUNCH Fish parsley potato Carrots coleslaw Fruit milk veg bar W.g toast	
6	7	8	9	10	11	12
	BREAKFAST Egg wraps banana Bread cheese stix fruit milk LUNCH Corn dogs rice pilaf Peas asparagus fruit Veg bar w.g. Bread milk	BREAKFAST Pizza dippers yogurt Sauce bagels fruit milk LUNCH Sub sand chix soup Tortilla chips sauce Bake beans w.g bread bun milk fruit veg bar	BREAKFAST Combos w.g toast LUNCH Chix nuggets scallop potato green bean W.g.bread veg bar Milk fruit	BREAKFAST Scamble egg bake W.g. toast fruit milk Ham patty LUNCH Meatloaf mash potato Peas squash fruit W.g bread milk veg bar	BREAKFAST Pancake sausage Fruit milk LUNCH Chix strips sweet potato fries bake bean Veg.bar w.g bread fruit milk	
13	14	15	16	17	18	19
	BREAKFAST Breakfast pizza yogurt Bagel fruit milk LUNCH Chix teriyaki rice fortune Cookie carrots brussel Sprout fruit milk veg bar W.g bread	BREAKFAST Pancake stix cook eggs Fruit muffin milk LUNCH Meatballs mash potato Cauliflower fruit w.g bread veg bar milk	BREAKFAST Egg omelet sausage W.g.toast fruit milk LUNCH Chix patty broccoli Fruit w.g bread bun Squash fruit milk	BREAKFAST Cereal yogurt fruit Banana bread milk LUNCH Cheeseburger rice pilaf Bake beans fruit Veg.bar w.g.bread bun milk	BREAKFAST Egg wrap fruit coffee cake Yogurt milk LUNCH Grill cheese tomato Soup green beans Fruit w.g bread milk	
20	21	22	23	24	25	26
	BREAKFAST Combos cheese stix W.g toast fruit milk LUNCH Chix fijas shells spanish rice corn fruit Veg bar milk w.g bread	BREAKFAST Pizza dippers yogurt Fruit w.g toast milk LUNCH B.B.Q green beans fruit Tortilla chips sauce Minestrone soup w.g bread bun milk veg bar	BREAKFAST French toast sausage Fruit milk LUNCH Cheese pizza potato soup broccoli fruit milk Veg bar w.g bread	BREAKFAST Cereal or sausage gravy cheese stix Fruit w.g biscuits milk fruit LUNCH Fish cheesy hashbrowns fruit Carrots veg bar milk W.g bread	BREAKFAST LUNCH NO SCHOOL	
27	28	29	30	31		
	BREAKFAST Egg omelet w.g toast Hash brown fruit milk LUNCH Potato pancakes sausage cheese slice fruit green beans fruit Veg bar milk w.g bread	BREAKFAST Pancake stix yogurt Fruit milk LUNCH B.b.q.ribs rice pilaf fruit Bake beans asparagus W.g bread bun milk	BREAKFAST Breakfast pizza muffin Fruit milk LUNCH Tacos tator tots Shells corn broccoli Fruit veg bar w.g bread milk	BREAKFAST Cereal toast fruit Cheese stix milk LUNCH Hot dogs mash potato Broccoli fruit veg bar W.g bread milk		