

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS  
FOR THE WEEK OF JANUARY 6, 2020**

**Monday, January 6, 2020:**

No School  
Teacher Institute

**Tuesday, January 7, 2020:**

B'fast: Pop-Tart  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Muffin-59g  
Lunch: A Entree: Corn Dog-27g  
B Entree: None  
Carrots w/Dip-11g  
Apple-29.28g  
Chips-plain-15g, bbq-16g, cheetos-15g

**Wednesday, January 8, 2020:**

B'fast: Berry Crunch Parfait-24g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Cereal Bar  
Lunch: A Entree: BBQ Grilled Chicken Breast w/Bread Slice-10g/16g  
B Entree: Italian Beef Sub-23.4g  
C Entree: Salad Bar  
BBQ Sidewinders-22.72g  
Baked Beans-22g  
Fruit  
Bunny Grahams-24g

**Thursday, January 9, 2020:**

B'fast: Muffin-59g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Bunny Grahams-24g  
Lunch: A Entree: Taco Meat-8g  
B Entree: Bean Burrito-37g  
Lettuce and Cheese-2.54g  
Buttered Corn-28g  
Chips, Salsa and Sour Cream-15.38g  
Fruit

**Friday, January 10, 2020:**

B'fast: Cinnamon Roll-43g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Cook's Choice  
Lunch: A Entree: Scrambled Eggs-1g  
B Entree: Sausage Patty-2g  
C Entree: Salad Bar  
Biscuit and Gravy-37g  
Seasoned Diced Potatoes  
Fruit

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS  
FOR THE WEEK OF JANUARY 13, 2020**

**Monday, January 13, 2020:**

B'fast: Powdered or Chocolate Doughnut-41g

Cereal, Juice, Fruit, Toast, Milk  
Cart: Cereal Bar  
Lunch: A Entree: Chicken and Noodles-24.2  
B Entree: BBQ Pork Rib Patty  
C Entree: Salad Bar  
Mashed Potatoes-38g  
Buttered Peas-17.3g  
Fruit  
Slice of Bread-16g

**Tuesday, January 14, 2020:**

B'Fast: Egg and Cheese Biscuit-33g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Granola Bar  
Lunch: A Entree: Chicken Tenders w/Bread Slice-7.88g/16g  
B Entree: Pizza Meatball Sub-17g  
Candied Sweet Potato Patty  
Mixed Vegetables-14.6g  
Fruit  
Frozen Yogurt

**Wednesday, January 15, 2020:**

B'fast: French Toast Sticks w/Syrup-79.5g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Gold Fish-28g  
Lunch: A Entree: Hot Ham and Cheese Sandwich-45g  
B Entree: Hot Turkey and Cheese Sandwich-45g  
C Entree: Salad Bar  
Side Salad w/Dressing-5.9g  
Fruit  
Sun Chips-19g

**Thursday, January 16, 2020:**

B'fast: Glazed Doughnut-35g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Cinnamon Roll-43g  
Lunch: A Entree: Chicken Burrito  
B Entree: Beef Taco-16.2g  
Lettuce and Cheese-2.54g  
Refried Beans-24g  
Fruit  
Chips, Salsa and Sour Cream-15.38g

**Friday, January 17, 2020:**

B'fast: Sausage Patty, Hash Brown-2g/15g/10g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Cook's Choice  
Lunch: A Entree: Corn Dog-27g  
B Entree: None  
C Entree: None  
Carrots/Cherry Tomatoes-10.47g  
Fruit  
Potato Chips-plain-g, bbq-16g, cheetos-15g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS  
FOR THE WEEK OF JANUARY 20, 2020**

**Monday, January 20, 2020:**

**NO SCHOOL  
MARTIN LUTHER KING JR. DAY**

**Tuesday, January 21, 2020:**

B'fast: Glazed Doughnut-35g  
Cereal, Juice, Fruit, Toast, Milk

Cart: Cereal Bar  
Lunch: A Entree: Taco Meat-8g  
B Entree: Chicken Fajita Taco-27.13g  
Buttered Corn-28g  
Lettuce and Cheese-2.54g  
Fruit  
Chips, Salsa and Sour Cream-15.38g

**Wednesday, January 22, 2020:**

B'fast: Long John-27g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Granola Bar  
Lunch: A Entree: Baked Potato w/BBQ Chicken-58g  
B Entree: Baked Potato w/Chili and Cheese-46.75g  
C Entree: Salad Bar  
Carrots w/Dip-11g  
Orange Slice-11g  
Soft Pretzel w/Cheese Dip

**Thursday, January 23, 2020:**

B'fast: Sausage Patty, Hash Brown-2g/15g/10g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Doughnut  
Lunch: A Entree: Hot Ham and Cheese Sandwich-45g  
B Entree: Hot Turkey and Cheese on Pretzel Bun  
Sweet Potato Fries-30.6g  
Baked Beans-22g  
Fruit  
Cake w/Icing

**Friday, January 24, 2020:**

B'fast: Powdered or Chocolate Doughnut-41g  
Cereal, Juice, Fruit, Toast, Milk  
Cart: Cook's Choice  
Lunch: A Entree: BBQ Teriyaki Chicken over Rice  
B Entree: Tenderloin on WG Bun-41g  
Buttered California Blend-6.41g  
Fruit  
Iced Graham Cracker-22g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS  
FOR THE WEEK OF JANUARY 27, 2020**

**Monday, January 27, 2020:**

B'fast: Sausage Links, Hash Brown-4g/15g/10g  
Cereal, Juice, Toast, Fruit, Milk  
Cart: Cereal Bar  
Lunch: A Entree: Roast Beef Manhattan-76.5g  
B Entree: Chicken Parmigiana w/Bread Slice-24g/16g  
C Entree: Salad Bar  
Mashed Potatoes-38g  
Green Beans-4g  
Fruit

**Tuesday, January 28, 2020:**

B'fast: Bacon, Egg and Cheese Croissant  
Cereal, Juice, Toast, Fruit, Milk

Cart: Muffin-59g  
Lunch: A Entree: Coney on WG Bun-25g  
Coney Dog on WG Bun-28g  
Oven Potatoes-FF-14g, Tots-22g PW-20g  
Candied Carrots-5.33g  
Chocolate Chip Cookie-12.7g

**Wednesday, January 29, 2019:**

B'fast: Pancake w/Syrup-50g  
Cereal, Juice, Toast, Fruit, Milk  
Cart: Gold Fish  
Lunch: A Entree: Cheeseburger on WG Bun-30g  
B Entree: All Beef Hot Dog on WG Bun-23g  
C Entree: Salad Bar  
Candied Sweet Potato Patty  
Baked Beans-22g  
Fruit

**Thursday, January 30, 2020:**

B'fast: Piggletstick w/Syrup-73g  
Cereal, Juice, Toast, Fruit, Milk  
Cart: Bunny Grahams-24g  
Lunch: A Entree: Spaghetti and Meatballs in Sauce  
B Entree: Pizza Casserole-18.4g  
Side Salad w/Dressing-2.54g  
Fruit  
Pudding-vanilla-26g, choc.-21.75g

**Friday, January 31, 2020:**

B'fast: Yogurt w/Granola, Hash Brown-22g/15g/10g  
Cereal, Juice, Toast, Fruit, Milk  
Cart: Cook's Choice  
Lunch: A Entree: Mandarin Orange Chicken over Rice-21.67g  
B Entree: Teriyaki Chicken over Rice-27.64g  
Peas and Carrots-10.6g  
Fruit  
Fortune Cookie-4g