

Silex School January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		4 biscuit & gravy or cereal & biscuit beef stew, broccoli, breadstick, peaches, water & milk	5 breakfast burrito or cereal & toast sloppy joe, tator tots, corn, mixed fruit cup, water & milk	6 scramble egg or cereal & toast hot dog, french fries, baked beans, apple slices, water & milk
9 omlete or cereal & toast chicken sandwich, french fries, mixed vegetable, peaches water & milk	10 bagel or cereal & toast burrito, black beans, shredded lettuce, pineapple, water & milk	11 biscuit & gravy or cereal & biscuit chicken nuggets, potato salad, green beans, oranges water & milk	12 pancake on a stick or cereal & toast salisbury steak, mashed potato w/gravy, mixed fruit water & milk	13 scramble egg or cereal & toast pizza, salad, carrot sticks, apple slices, water & milk
16 NO SCHOOL	17 cinnamon roll or cereal & toast nachos, black beans, shredded lettuce, pineapple water & milk	18 biscuit & gravy or cereal & biscuit chicken nuggets, fried rice, vegetable egg roll, oranges water & milk	19 bagel or cereal & toast bbq beef rib, tator tots, broccoli, mixed fruit, water & milk	20 scramble egg or cereal & toast fish sandwich, potato salad, peas, apple sauce, water & milk
23 omlete or cereal & toast hamburger, sweet potato fries, broccoli, peaches water & milk	24 muffin or cereal & toast chicken quesadilla, shredded lettuce, peas, pineapple water & milk	25 biscuit & gravy or cereal & biscuit chicken nuggets, tator tots, tomato, oranges water & milk	26 pancake on a stick or cereal & toast beefy mac & cheese, breadstick, coleslaw, mixed fruit water & milk	27 scramble egg or cereal & toast chili, grilled cheese, carrot sticks, apple slices, water & milk
30 omlete or cereal & toast chicken sandwich, french fries, mixed vegetable, peaches water & milk	31 bagel or cereal & toast nachos, shredded lettuce, black beans, pineapples water & milk			
"This institution is an equal opportunity provider."				
*Additional items may be available daily not listed on the menu.				