

January 11,18,25	January 4,12,19,26	January 5,13,20,27	January 6,14,21,28	January 7,15,22,29
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	\$1.00 for preK-5 grade	\$1.25 for Middle and High		Staff \$2.00 Visitor \$2.50
Cereal Toast Juice and/or fruit Milk	Biscuit with Jelly or Meat Biscuit Fruit or Juice Milk	Pancakes or French Toast Fruit or Juice Milk	Oatmeal and Toast Juice or Fruit Milk	Cereal and Toast Juice or Fruit Milk
Lunch	Elementary \$1.75	Middle \$2.00	High School \$2.25	Staff \$3.00 Visitor \$3.75
	Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Whole Kernel Corn Mixed Fruit Milk Variety	Pork or Turkey BBQ Baked or Mashed Potatoes Seasoned Green Beans Baked, Spiced Apples Whole grain bun or roll Milk Variety	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety
Deli or Sub Sandwich on Whole Grain Bun Lettuce and Tomato Fresh Apples or Pears Whole Kernel Corn Milk Variety	Chicken Fajitas on Soft Taco Shell Mixed Green Salad Salsa Pinto Beans or Refried Beans Orange Slices Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Carrots or Peas Mixed Fruit Milk Variety	Baked Ham Slices Sweet Potatoes or Baked Beans Seasoned Green Beans Whole Grain Rolls Seasoned Apples or Tangerines Milk Variety	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety
MLK Day, Out of School For more information on this holiday, click on the link http://nobelprize.org/nobel_prizes/peace/laureates/1964/king-bio.html	Chicken Noodle Soup or Chicken Pot Pie Grilled Cheese or Peanut Butter Sandwich Carrot and Celery Sticks Apple Slices or Applesauce Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Whole Kernel Corn Mixed Fruit Milk Variety	Spaghetti Noodles with Meat Sauce Steamed Broccoli Lettuce Salad with Dressing Bananas Garlic Toast Milk Variety	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety
Deli or Sub Sandwich on Whole Grain Bun Lettuce and Tomato Fresh Apples or Pears Seasoned Green Beans Milk Variety	Pork or Turkey Roast Mashed Potatoes with Gravy Peach Slices or Mixed Fruit Green Beans Whole Grain Rolls Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Whole Kernel Corn Mixed Fruit Milk Variety	Chicken Fajitas on Soft Taco Shell Mixed Green Salad Salsa Pinto Beans or Refried Beans Orange Slices Milk Variety	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety

Milk is always offered at every meal. Fresh fruit or vegetable is served a minimum of 2 times a week. Substitutions and additions can occur.

USDA approved lunch is considered to be three selections from the following: meat, bread, milk, two fruit or fruit juice/vegetable. USDA approved breakfast is considered to be three selections from the following: meat or bread, milk, fruit or fruit juice. We encourage the consumption of fruit and vegetables at each meal.

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