

January

Breakfast Menu

Milk and Juice

You can also choose white or chocolate milk and a variety of fruit juices including apple, cranberry, grape and orange-pineapple.

Fruits

Choose from fresh apples, bananas, oranges or a variety of canned fruits to start your morning.

Grains

Choose from a variety of dry cereal, toast bagel, English muffin or try a cereal bar.






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			4 WAFFLE BREAKFAST BOWL	5 OMELET
8 FRENCH TOAST	9 BREAKFAST QUESADILLA	10 SCRAMBLED EGG SAUSAGE OR CREAM OF WHEAT	11 ENGLISH MUFFIN BREAKFAST SANDWICH	12 BREAKFAST BURRITO
STUDENTS TRAVEL 	16 BLUEBERRY PANCAKE	17 PB&J BAR OR MALT-O-MEAL	18 SCRAMBLED EGG SAUSAGE PATTY HASH BROWNS	19 CINNAMON ROLL
22 SAUSAGE PANCAKE	23 BLUEBERRY MUFFIN	24 BREAKFAST PIZZA OR OATMEAL	25 WAFFLES	26 SCRAMBLED EGG HAM BISCUITS
29 OMELET	30 BREAKFAST ENCHILADAS	31 BACON QUICHE		

January

Lunch Menu



There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>4 Chicken or Beef Fajitas Pinto Beans Salad Bar</p>	<p>5 Meatballs Buttered Noodles/Gravy Brussel Sprouts Salad Bar Wheat Roll</p>
<p>8 Chicken Strips Or Steakfingers Mashed Potatoes/Gravy Salad Bar Wheat Roll</p>	<p>9 Tuna Salad Sandwich Or Chicken Fiesta Sandwich Waffle Fries Coleslaw Salad Bar</p>	<p>10 Ranch Baked Chicken Or Sliced Turkey Mashed Potatoes/Gravy California Veg. Blend Salad Bar</p>	<p>11 Club Sandwich Or Stromboli Tater Tots Salad Bar</p>	<p>12 Super Nachos Refried Beans Salad Bar</p>
	<p>16 Oven Fried Chicken P/A BBQ Chicken Mashed Potatoes/Gravy Salad Bar</p>	<p>17 Spaghetti w/Meat Sauce Macaroni and Cheese Seasoned Peas & Carrots Garlic Bread Salad Bar</p>	<p>18 Ham and Cheese or Turkey and Cheese Paninis French Fries Salad Bar</p>	<p>19 Chicken Alfredo Seasoned Asparagus Breadstick Salad Bar</p>
<p>22 Fish Nuggets Or Chicken Nuggets Waffle Fries Salad Bar</p>	<p>23 Chimichanga Or Chile Rellano Seasoned Pinto Beans Salad Bar</p>	<p>24 BBQ Chicken Or Sour Cream Chicken Au Gratin Potatoes Seasoned Broccoli Salad Bar</p>	<p>25 Roast Beef Or Roast Pork Mashed Potatoes/Gravy Summer Squash Salad Bar</p>	<p>26 Chicken Strips Tater Tots Garlic Bread Salad Bar</p>
<p>29 Variety of Pizza Sliced Jicama Salad Bar</p>	<p>30 Chicken and Rice Or Fried Chicken Brown Rice Glazed Carrots Salad Bar</p>	<p>31 Chicken or Beef Fajitas Pinto Beans Salad Bar</p>		

January

Dinner Menu

There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>8</p> <p>Chimichanga Cheese Sauce Pinto Beans Salad Bar</p>	<p>9</p> <p>Chicken Nuggets Waffle Fries Broccoli w/Cheese Salad Bar</p>	<p>10</p> <p>Stromboli Potato Chips Pickle Spear Salad Bar</p>	<p>4</p> <p>Fish Nuggets Steak Fries Sliced Tomatoes and Cucumber Tossed Salad</p>	
<p>Martin Luther King Day</p>	<p>16</p> <p>Burrito Seasoned Pinto Beans Salad Bar</p>	<p>17</p> <p>Salisbury Steak Mashed Potatoes/Gravy Roll Salad Bar</p>	<p>11</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad/Dressing</p>	
<p>22</p> <p>Variety of Pizza Seasoned Broccoli Salad bar</p>	<p>23</p> <p>Orange Chicken Stir Fry Vegetables Salad bar Fortune Cookie</p>	<p>24</p> <p>Lasagna Green Beans Garlic Bread Salad Bar</p>	<p>18</p> <p>Cheese Enchiladas Refried Beans Tossed Salad/Dressing</p>	
<p>29</p> <p>Chicken Quesadilla Glazed Carrots Salad Bar</p>	<p>30</p> <p>Meatloaf Parsley Potatoes Wheat Roll Salad bar</p>	<p>31</p> <p>Fish Sandwich Tater Tots Seasoned Peas Salad Bar</p>	<p>25</p> <p>Corn Dog French Fries Tossed Salad/Dressing</p>	