

# January

# Breakfast Menu

## Fruits


Choose from a variety of fruits to start your morning off right.

## Grains

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

## Milk and Juice



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2019!</b> <b>HAPPY NEW YEAR!</b>				
7 FRENCH TOAST	8 BREAKFAST BURRITO	9 BREAKFAST CROISSANT	10 BLUEBERRY MUFFIN	11 EGG AND BACON MUFFIN CUPS
14 SCRAMBLED EGG HASHBROWNS	15 BREAKFAST PARFAIT	16 BISCUIT SANDWICH HOT CEREAL	17 WAFFLE STICKS	18 BREAKFAST QUESADILLA
	22 SCRAMBLED EGG BACON	23 BREAKFAST ENCHILADA	24 FRENCH TOAST STICKS	25 SAUSAGE PANCAKE
28 KANGAROO SANDWICH	29 GRILLED CHEESE BREAKFAST SANDWICH	30 PANCAKES HOT CEREAL	31 PB&J GRAHAM	

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# Lunch Menu

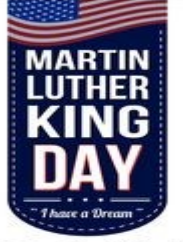
There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>7</p> <p>Salisbury Steak Baked Potato Seasoned Broccoli Texas Toast</p>	<p>8</p> <p>Sliced Pizza Seasoned Corn Sliced Jicama</p>	<p>9</p> <p>Chicken Fettucine Carbonara Or Honey Mustard Chicken Buttered Noodles Breadstick</p>	<p>10</p> <p>Patty Melt Or Grilled Chicken Sandwich French Fries Cal. Vegetable Blend</p>	<p>11</p> <p>Super Nachos Mixed Vegetables Seasoned Pinto Beans</p>
<p>14</p> <p>Steakfngers Or Salsa Chicken Au Gratin Potatoes Capri Blend Vegetables Wheat Roll</p>	<p>15</p> <p>Pork Posole Chile Rellano Or Bean Burrito Mexicali Corn</p>	<p>16</p> <p>Sloppy Joe Or Meatball Sub Waffle Fries Seasoned Broccoli</p>	<p>17</p> <p>Korean Beef Bowl Or Mexican Shredded Pork Seasoned Cauliflower</p>	<p>18</p> <p>Chicken Strips Mashed potatoes/Gravy Seasoned Asparagus Texas Toast</p>
	<p>22</p> <p>Beef or Chicken Taco Seasoned Pinto Beans</p>	<p>23</p> <p>Bear Burger Or Hot Dog Sweet Potato Waffle Fries Baked Beans</p>	<p>24</p> <p>Beef or Pork Pot Roast With Veggies Wheat Roll</p>	<p>25</p> <p>Beef or Chicken Fajitas Refried Beans Spanish Rice</p>
<p>28</p> <p>Pizza Seasoned Peas</p>	<p>29</p> <p>Grilled Salmon Or Fish Nuggets Potato Salad Seasoned Broccoli</p>	<p>30</p> <p>Meat Loaf Or Grilled Chicken Breast Mashed Potatoes/Gravy Spinach Wheat Roll</p>	<p>31</p> <p>Chicken Enchilada Or Rolled Cheese Enchilada Refried beans Spanish Rice</p>	

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# 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>7</p> <p>Fried Chicken Mashed Potato/Gravy Seasoned Peas Wheat Roll</p>	<p>8</p> <p>Frito Pie Calico Corn</p>	<p>9</p> <p>Corn Dog Waffle Fries Steamed Carrots</p>	<p>10</p> <p>Chimichanga Cheese Sauce Refried Beans</p>	
<p>14</p> <p>BLT Sandwich Tater Tots Baked Beans</p>	<p>15</p> <p>Chicken Nuggets Coleslaw Potato Chips</p>	<p>16</p> <p>Chicken Cordon Bleu Casserole Green Beans Wheat Roll</p>	<p>17</p> <p>Bear Burger Steak Fries Sliced Cucumber</p>	
	<p>22</p> <p>Pizza Seasoned Green Beans</p>	<p>23</p> <p>Steakfingers Mashed Potatoes/Gravy Capri Blend Vegetables</p>	<p>24</p> <p>Tamale Taqitos Spanish Rice Sliced Jicama</p>	
<p>28</p> <p>Chicken Breast Sandwich Steak Fries Green Beans</p>	<p>29</p> <p>Chimichanga w/Cheese Sauce Refried Beans Seasoned Broccoli</p>	<p>30</p> <p>Grilled Ham and Cheese Waffle Fries Seasoned Peas</p>	<p>31</p> <p>Chicken Penne Pasta Seasoned Asparagus Breadstick</p>	<p>chocolate</p>