

Breakfasts are served with water:

Main Item

Milk—Skim, 1% or Chocolate Skim

Juice—Apple, Grape, Orange

Whole Grain Toast—Butter, Cinnamon Sugar
(Students pick three items.)

January 2012

Breakfast & Lunch Menu

All lunches are served with the menu items, whole grain bread, milk & water.

Menu is subject to change.

This is an equal opportunity institution.

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No School Vacation Day	3 Lumberjacks <hr/> Mouth Watering Lasagna Whole Grain Garlic Toast, Green/Gold Beans, Creamed Cucumbers, Fresh Fruit	4 Cinnamon Roll <hr/> Creamed Turkey over Whole Grain Biscuit Romain Lettuce Salad w/Toppings, Whole Kernel Corn, Delicious Diced Peaches	5 Whole Grain Waffles <hr/> Savory Sliced Ham Creamy Au gratin Potatoes, Candy Carrots, Fruit	6 Donut Twists <hr/> Fabulous French Bread Cheese Pizza California Blend Vegetables, Fruit Salad	7
8	9 Cereal <hr/> B-B-Q Z-Rib on Whole Grain Bun Tasty Baby Cakes, Seasoned Peas, Fruit	10 Sunny Cheese Omelets <hr/> Yummy Scalloped Potatoes w/Ham Whole Grain Dinner Roll, Romain Lettuce Salad w/Toppings, Goofy Diced Pears	11 Whole Grain Mini Bagels w/Cream Cheese <hr/> All Meat Corn Dogs Home Made French Fries, Green Beans, Orange Slices	12 Breakfast Bites <hr/> Awesome Chili Honey Butter Corn Bread, Corn on the Cob, Tropical Fruit	13 Whole Grain French Toast Sticks <hr/> Ham & Cheese Whole Grain Wraps Creamy Coleslaw, Steamed Carrots, Fruit	14
15	16 No School	17 Breakfast Burritos <hr/> Sloppy—Sloppy Joes on Whole Grain Bun Sweet Potato Puffs, Steamed Broccoli, Tasty Blueberries	18 Sticky Carmel Rolls <hr/> Sliced Pork Mashed Potatoes w/Gravy, Whole Grain Dinner Roll, California Blend Vegetables, Orange Wedges	19 Piping Hot Whole Grain Pancakes <hr/> Whole Grain Grilled Cheese Sandwiches Creamy Tomato Soup, Seasoned Squash, Pineapple Tidbits	20 Tasty Raisin Donuts <hr/> All Meat Hotdog on Whole Grain Bun Tasty Baked Beans, Carrots w/Dip, Diced Pears	21
22	23 Cereal <hr/> Hamburger on Whole Grain Bun w/Toppings Potato, Vegetables, Diced Peaches	24 Scrambled Eggs w/Bacon <hr/> Chicken Spaghetti w/50/50 Whole Grain Noodles Romain Spinach Salad w/Toppings, Whole Kernel Corn, Whole Grain Garlic Bread, Jolly Banana	25 Cinnamon Tastries <hr/> Super Beefy Nachos Whole Grain Dinner Roll, Vegetables, Green Peas, Fruited Jello	26 Whole Grain Waffle Sticks <hr/> Hot Ham Patty w/Cheese on Whole Grain Bun Vegetables, Cooked Carrots, Sweet Strawberries	27 Fruited Muffins <hr/> Sausage Pizza Whole Grain Garlic Toast, Creamy Coleslaw, Celery Sticks, Mandarin Oranges	28
29	30 Cereal <hr/> Grilled Chicken Patty on Whole Grain Bun Green Beans, Diced Beets, Fruit	31 Whole Grain Egg McMuffins <hr/> Tender Pork Patty Tri Tator, Leafy Lettuce Salad w/Toppings, Applesauce				