

JANUARY 2020

Transylvania County Schools Middle/High Breakfast and Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

In the Southern Hemisphere, January is a summer month the equivalent of July.

Happy New Year!



Annual Leave Day



Teacher Workday



Donut Hole

Pizza Sticks w/Marinara
Beef Nuggets w/breadstick
Breaded Okra,
Glazed Carrots
Peaches

Cinna Mini

Grilled Cheese
Beef Taco w/ Tortilla
Lettuce, Tomato, Cheese
Spanish Rice
Corn
Fruit Mix

Pancake Sausage Stick

Rotini w/ Meat Sauce
Chicken Nuggets
Breadsticks
Romaine Salad, Veggie
Beans
Strawberries

Sausage Bites

Chicken Fillet on Bun
Hamburger w/cheese
Mashed Potatoes
Lima Beans
Cranberries

Cheese Stick

Hot Dog w/ Chili
Potato & Cheese Sub
Potato Tots
Baby Carrots w/ Ranch
Steamed Veggies
Spiced Pears

Cinnamon Crumb Cake

Cheese Pizza
Hot Ham & Cheese
Breaded Okra
Glazed Carrots
Peaches

Mini Pancakes

Stromboli
Chicken Nuggets
w/breadstick
Romaine Salad
Veggie Beans
Fruit Mix

Sausage Biscuit

Beef Nuggets w/breadsticks
Chicken Pot Pie w/Biscuit
Broccoli, Corn
Strawberries

Sausage Bites

Chicken Fillet on Bun
Rotini w/ Meat Sauce &
Breadstick
Romaine Salad
Veggie Beans
Cranberries

Schoolhouse Grahams

Hot Dog w/ Chili
BBQ on Bun
French Fries
Baby Carrots w/ Ranch
Steamed Veggies
Spiced Pears

Martin Luther King Jr Day



Teacher Workday



Pancake Sausage Stick

Rotini & Meat Sauce
Chicken Nuggets w/
Breadsticks
Romaine Salad, Veggie
Beans, Steamed Veggies
Strawberries

Sausage Bites

Chicken Fillet on Bun
Hamburger w/cheese
Mashed Potatoes
Lima Beans
Cranberries

AppleStrudel Stick

Hot Dog w/ Chili
Hot Turkey & Cheese
Potato Tots
Baby Carrots w/ Ranch
Steamed Veggies
Spiced Pears

Cinnamon Crumb Cake

Pepperoni Pizza
Comdog
Breaded Okra
Glazed Carrots
Peaches

Mini Pancakes

Grilled Cheese
Beef Taco w/ Tortilla
Lettuce, Tomato, Cheese
Spanish Rice
Corn
Fruit Mix

Sausage Biscuit

Beef Nuggets w/breadsticks
Chicken Pot Pie w/Biscuit
Broccoli, Corn
Strawberries

Sausage Bites

Chicken Fillet on Bun
Rotini w/ Meat Sauce &
Breadstick
Romaine Salad
Veggie Beans
Cranberries

Schoolhouse Grahams

Hot Dog w/ Chili
BBQ on Bun
French Fries
Baby Carrots w/ Ranch
Steamed Veggies
Spiced Pears

1) Breakfast is free every day to all students!

2) Milk and Fruit are served each day at Breakfast and Lunch!

3) Additional entrees including salads are available at lunch

All grain servings are whole grain except biscuit and pasta.

Parents! Please COMPLETE A LUNCH APPLICATION

Applications are sent home with each student and posted on line.

You can also complete the application online at:
www.lunchapplication.com

"USDA is an equal opportunity provider."
RE 12/4/19cab