

# JANUARY 2020

## Transylvania County Schools Elementary (Grades PK-5) 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 Stix 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 & Meat Sauce  
Chicken Nuggets  
w/ Breadstick  
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  
Turkey & Cheese on Bun  
Potato Tots  
Baby Carrots w/ Ranch  
Steamed Veggies  
Spiced Pears

**Cinnamon Crumb Cake**  
Cheese Pizza  
Hot Ham & Cheese  
Breaded Okra  
Baked Sweet Potatoes  
Peaches

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

**Sausage Biscuit**  
Beef Nuggets w/ Breadstick  
Chicken Pot Pie w/Biscuit  
Broccoli  
Corn  
Strawberries

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

**Cheese Stick**  
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/ Breadstick  
Romaine Salad  
Veggie Beans  
Strawberries

**Sausage Bites**  
Chicken Fillet  
Hamburger w/Cheese  
Mashed Potatoes  
Lima Beans  
Cranberries

**Cheese Stick & Grahams**  
Hot Dog w/ Chili  
Hot Ham & Cheese  
Potato Tots  
Baby Carrots w/ Ranch  
Steamed Veggies  
Spiced Pears

**Cinnamon Crumb Cake**  
Pepperoni Pizza  
Comdog  
Breaded Okra  
Baked Sweet Potatoes  
Peaches

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

**Sausage Biscuit**  
Beef Nuggets w/ Breadstick  
Chicken Pot Pie w/Biscuit  
Broccoli  
Corn  
Strawberries

**Sausage Bites**  
Chicken Fillet on Bun  
Spaghetti w/ Meat Sauce &  
Breadstick  
Romaine Salad  
Veggie Beans  
Cranberries

**Cheese Stick & 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](http://www.lunchapplication.com)

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"USDA is an equal opportunity provider."