

# Elementary/K8 January 2019 Breakfast Menu

**HAPPY  
NEW  
YEAR**

**STUDENT MEAL PRICES**  
Breakfast \$1.50 ■ Extra Milk \$ .50  
Adult Breakfast \$2.00





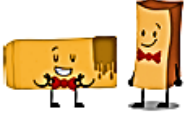



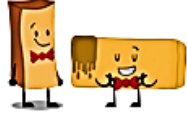



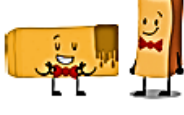



**All Breakfast Entrees are Whole Grain**

**Be a Rising Star with a Healthy School Breakfast**

Breakfast is one of the most important meals of the day and is proven to contribute toward improved academic performance.

*School Breakfast is Fuel for Learning!*



	1	2	3	4
	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
7 Pop Tart 	8 Cheese Omelet with Sunrise Bites 	9 Yogurt with Sunrise Bites 	10 Blueberry Bagel with Cream Cheese 	11 French Toast Sticks 
14 Great Earth Cinnamon Roll 	15 Pillsbury Chocolate Crescent 	16 Yogurt Parfait with Fruit and Crunchy Granola 	17 French Toast Sticks 	18 Coffee Cake with Cinnamon Crumble <b>GOOD MORNING!</b>
21 <b>SCHOOL HOLIDAY</b> <b>MARTIN LUTHER KING JR. DAY</b>	22 Cheese Omelet with Sunrise Bites 	23 Yogurt with Sunrise Bites 	24 Blueberry Bagel with Cream Cheese 	25 French Toast Sticks 
28 Great Earth Cinnamon Roll 	29 Pillsbury Chocolate Crescent 	30 Yogurt Parfait with Fruit and Crunchy Granola 	31 <b>Birthday Celebration Day</b> <b>Eggo Mini Confetti Pancakes</b> 	

Menu is subject to change. Notice will be given if possible.

**Daily Additional Entree Choice:**  
Cereal with Whole Grain Grahams (only Low Sugar Whole Grain Cereals are offered)

**Breakfast includes:**

**FRUIT Choose 1 or 2**  
Fresh Fruit  
Fruit Cup  
100% Fruit Juice

**MILK Choose 1**  
1% Low Fat White Milk  
Non Fat White Milk

# Elementary/K8 January 2019 Lunch Menu

**STUDENT MEAL PRICES**  
 Lunch \$2.50 ■ Extra Milk \$.50  
 Adult Lunch \$3.25



<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
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## All Lunch Entrees are Whole Grain

Our delicious meals provide essential vitamins and nutrients necessary for both learning and play time.

Our meals meet USDA required standards in fats, sugars and sodium, and provide servings of a variety of healthy fruits and vegetables.

### Lunch Includes:

#### VEGETABLES Choose 1 or 2





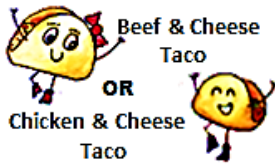










- Daily: Fresh Veggie Cup  
Tossed Green Salad w/Dressing
- Monday: Black Bean & Corn Salsa
- Tuesday: Fresh Baby Carrots  
Taco Pack or Pickle Pack
- Wednesday: Fresh Celery Sticks
- Thursday: Fresh Baby Carrots
- Friday: Black Bean & Corn Salsa

#### FRUIT Choose 1

- Fresh Fruit (Seasonal) Applesauce Cup
- Fruit Cup Raisins
- Also offered on Tuesdays/Thursdays:  
100% Fruit Juice

#### MILK Choose 1

- 1% Low Fat White Milk **OR**
- Non Fat Chocolate Milk

<p><b>7</b></p> <p>Wild Mike's Cheese Pizza Wedge</p>  <p><b>OR</b></p> <p>Grilled Cheese Sandwich</p>	<p><b>8</b></p> <p><b>Build-a-Burger Day</b></p> <p>Your choice of: Hamburger <b>OR</b> Cheeseburger</p> <p><b>Topping Choices:</b> Pickles, Lettuce, Tomato</p>	<p><b>9</b></p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p><i>Pepperoni is a Beef/Turkey Blend -No Pork-</i></p>	<p><b>10</b></p> <p>Teriyaki Chicken Bowl with <i>Fortune Cookie</i></p>  <p><b>OR</b></p> <p>Garlic French Bread with Marinara Dipping Sauce</p>
<p><b>14</b></p> <p>Toasted Cheese Ravioli with Dipping Sauce</p>  <p><b>OR</b></p> <p>Chicken Corn Dog</p>	<p><b>15</b></p> <p><b>TACO TUESDAY</b></p> <p>Beef &amp; Cheese Taco</p>  <p><b>OR</b></p> <p>Chicken &amp; Cheese Taco</p>	<p><b>16</b></p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p><i>Pepperoni is a Beef/Turkey Blend -No Pork-</i></p>	<p><b>17</b></p> <p>Spaghetti with Turkey Meatsauce</p>  <p><b>OR</b></p> <p>Macaroni &amp; Cheese</p>
<p><b>21</b></p> <p><b>SCHOOL HOLIDAY</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p>	<p><b>22</b></p> <p>Wild Mike's Cheese Pizza Wedge</p>  <p><b>OR</b></p> <p>Grilled Cheese Sandwich</p>	<p><b>23</b></p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p><i>Pepperoni is a Beef/Turkey Blend -No Pork-</i></p>	<p><b>24</b></p> <p>Teriyaki Chicken Bowl with <i>Fortune Cookie</i></p>  <p><b>OR</b></p> <p>Garlic French Bread with Marinara Dipping Sauce</p>
<p><b>28</b></p> <p>Toasted Cheese Ravioli with Dipping Sauce</p>  <p><b>OR</b></p> <p>Chicken Corn Dog</p>	<p><b>29</b></p> <p><b>TACO TUESDAY</b></p> <p>Beef &amp; Cheese Taco</p>  <p><b>OR</b></p> <p>Chicken &amp; Cheese Taco</p>	<p><b>30</b></p> <p>Tony's Galaxy Pepperoni Pizza</p>  <p><i>Pepperoni is a Beef/Turkey Blend -No Pork-</i></p>	<p><b>31</b></p> <p><i>January Birthdays Celebration Day</i></p> <p><b>Birthday Cake Cookies</b></p> <p>Spaghetti with Turkey Meatsauce</p> <p><b>OR</b></p> <p>Macaroni &amp; Cheese</p>
			<p><b>11</b></p> <p><b>National Milk Day</b></p> <p>Strawberry Milk </p> <p>Chicken Tenders</p> <p><b>OR</b></p> <p>Arizona Gold Bean &amp; Cheese Burrito</p>
			<p><b>18</b></p> <p><b>FACTUAL FRIDAY</b> </p> <p>What was Dr. Martin Luther King Jr.'s favorite food?</p> <p><b>Pecan Pie</b></p> <p>Walking Nachos</p>
			<p><b>25</b></p> <p><b>OPPOSITE DAY</b></p> <p>Chicken Tenders</p> <p><b>OR</b></p> <p>Arizona Gold Bean &amp; Cheese Burrito</p>

Menu is subject to change. Notice will be given if possible.

#### Daily Additional Entrée Choices:

- Peanut Butter & Jelly Sandwich ■ Sun Butter Cup with Grahams ■ Turkey & Cheese **OR** Turkey-Ham & Cheese Sandwich
- Also available on Fridays: Colby Jack Cheese Sticks with Crackers