



# Brunswick County Middle & High Schools Menu

## January 2018

### Meal Prices:

*Breakfast Free to all!*

*Lunch:*

*Reduced: .40¢*

*Paid: K-5: \$2.15*

*6-8 :\$2.30*

*9-12: \$2.45*

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
<p><b>No School</b></p> <p><b>Happy New Year's!</b></p>	<p><b>No School</b></p>	<p>Blueberry Muffin</p> <p>Carolina BBQ Sandwich Chicken Nuggets Dinner Roll Garden Salad Sweet Potato Fries Spiced Apples</p>	<p>Super Donut</p> <p>General TSO Chicken With Rice Dinner Roll Cheeseburger Oriental Vegetables Broccoli w/cheese Sandwich Toppings Applesauce</p>	<p>Asst. Cereal Bars</p> <p>Mini Corn Dogs Fish Sandwich Spicy Fries Baked Beans Peaches</p>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p>Mini Pancakes</p> <p>Chicken Patty Hot Dog Sweet Potato Fries Broccoli w/cheese Applesauce</p>	<p>Assorted Pop tarts</p> <p><b>Nacho Day</b></p> <p>Beef or Cheese Nachos Spanish rice Mexican Corn Black Beans Taco Toppings Mixed Fruit</p>	<p>Blueberry Muffin</p> <p>Pizza Sticks Sloppy Jo Glazed Carrots Garden Salad Marinara cup</p>	<p>Super Donut</p> <p>Simply Southern Meal</p> <p>Carolina BBQ Oven Fried Chicken Dinner Roll Collard Greens Mac &amp; Cheese Green beans Apple Crisp</p>	<p>Asst. Cereal Bars</p> <p>Chicken Wings Spicy Chicken Sandwich Dinner Roll Spicy Fries Peas &amp; Carrots Sandwich Toppings Pineapple</p>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
<p><b>No School</b></p> <p><b>Martin Luther King Day!</b></p>	<p>Assorted Poptarts</p> <p>Nacho Frito Chicken Cheese Quesadilla Spanish Rice Spicy Pintos Mixed Vegetables Taco Toppings Peaches</p>	<p>Blueberry Muffin</p> <p>Pepperoni Pizza Spaghetti Dinner Roll JJ Orange Medley Garden Salad Marinara Cup Fruit Explosion</p>	<p>Super Donut</p> <p>Orange Chicken With Rice Dinner Roll Meatball Sub Corn Broccoli &amp; Cheese Pineapple</p>	<p>Asst. Cereal Bars</p> <p>Tailgate</p> <p>Cheeseburgers Hot Dogs Potato Roasters Baked Beans Coleslaw Applesauce</p>

**Available Lunch Daily:**  
PB&J Munchie Pak

**Available with Every Meal:**  
Fresh Fruit and Milk Variety

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**Healthy Winter Snack**

**Ingredients:** ¼ cup sugar, 1 teaspoon ground cinnamon, 2 cups Cinnamon Chex™ cereal, 2 cups Chocolate Chex cereal, 4 cups popped popcorn, ¼ cup butter or margarine

**Steps**

- 1 In small bowl, mix sugar and cinnamon. In large microwavable bowl, mix cereals and popcorn.
- 2 Heat 1-cup butter on High about 40 seconds. Pour over cereal mixture.
- 3 Microwave on High 2 minutes. Sprinkle sugar over cereal mixture; stir. Microwave 1 minute longer. Spread on waxed paper. Store in airtight container.



Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
Mini Pancakes Stuffed Crust Pizza Chicken Tenders Dinner Roll Glazed Carrots Green Beans Marinara Cup Pears	<p style="text-align: center;"><b>No School</b></p> <p style="text-align: center;"><b>Teacher Workday!</b></p>	Blueberry Muffin Carolina BBQ Sandwich Chicken Nuggets Dinner Roll Garden Salad Sweet Potato Fries Spiced Apples	Super Donut General TSO Chicken With Rice Dinner Roll Cheeseburger Oriental Vegetables Broccoli w/cheese Sandwich Toppings Applesauce	Asst. Cereal Bars Mini Corn Dogs Fish Sandwich Spicy Fries Baked Beans Peaches
Monday, January 29	Monday, January 30	Thursday, January 31		
Mini Pancakes Chicken Patty Hot Dog Sweet Potato Fries Broccoli w/cheese Applesauce	Assorted Pop tarts <p style="text-align: center;"><b>Nacho Day</b></p> Beef or Cheese Nachos Spanish rice Mexican Corn Black Beans Taco Toppings Mixed Fruit	Blueberry Muffin Pizza Sticks Sloppy Jo Glazed Carrots Garden Salad Marinara cup		

**Available with Every Meal:**  
 Fresh Fruit and Milk Variety