




Grades 9-12 Cafeteria Breakfast and Lunch Menu - January 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Notes about the menu: * Bolded breakfast items are served in classroom feeding and grab and go sites * A variety of cold breakfast items offered daily * All cereal are reduced sugar * All grain products are whole grain or whole wheat * A variety of condiments are offered daily * All menu items that contain peanuts or tree nuts as an ingredient are clearly named	* A variety of fresh produce offered daily * In addition to daily vegetables, baby carrots offered M/W/F and sliced cucumbers T/Th * V stands for vegetarian * L stands for local  New this month Project Bread Recipe		Breakfast Milk Choices 1 % Plain & Nonfat Plain Lunch Milk Choices 1% Plain, Nonfat Plain, & Chocolate Breakfast and Lunch FREE for ALL Students <i>Menus are subject to change</i>	1 No School Winter Recess
Lunch					
Breakfast	4 Professional Day No School	5 Cinnamon Spiced Pancakes Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Cheeseburger/Hamburger Or French Bread Pizza Or Tuna Salad on Wheat Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit	6 Egg and Cheese Omelet w/ Toast Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Spanish Rice with Fajita Chicken Or Crispy Baked Fish Filet Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	7 Whole Grain Waffles Or Fruited Yogurt w/ Grahams Fresh Fruit Pasta and Meatballs with a Roll Or Spicy Chicken Wrap Or Southwestern Salad with Chicken Or Toasted Cheese Sandwich w/ Carrots & Ranch Dip ^V Garden Salad Fresh Fruit	8 Breakfast Sandwich w/ Egg and Cheese on a Biscuit Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Hawaiian Pizza or Cheese Pizza ^V Or Chicken Salad on Wheat Bread Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Cherry Tomatoes Fresh Fruit
Lunch					
Breakfast	11 Turkey Sausage and Cheese Breakfast Square Or Whole Grain Bagels w/ Cream Cheese Fresh Fruit Grilled Cheese & Tomato Soup ^V Or Meatball Sub Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Baby Carrots Fresh Fruit	12 Whole Grain French Toast Sticks Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit  Beef Taco Or BBQ Chicken Sandwich Or Southwestern Salad with Chicken Or Toasted Cheese Sandwich w/ Carrots & Ranch Dip ^V Sweet Corn Fresh Fruit	13 Breakfast Burrito Or Fruited Yogurt w/ Grahams Fresh Fruit Pollo Guisado with Brown Rice Or Cheeseburger/Hamburger Or Garden Salad Topped with Buffalo Chicken Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Baked Beans Fresh Fruit	14 Breakfast Sandwich w/ Egg & Cheese on a Biscuit Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Chicken, Broccoli, Pasta with a Roll Or Chicken Tenders Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich w/ Carrots & Ranch Dip ^V Garden Salad Fresh Fruit	15 Whole Grain Pancakes Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Tuna Salad Sandwich Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Cucumber Slices Fresh Fruit
Lunch					
Breakfast	18 Martin Luther King Jr. Day No School	19 Whole Grain Waffles Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Three Cheese and Corn Enchilada ^V Or French Bread Pizza Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	20 Breakfast Sandwich w/ Egg and Cheese on a Biscuit Or Fruited Yogurt w/ Grahams Fresh Fruit Tangerine Chicken over Brown Rice Or Spicy Chicken Wrap Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich w/ Carrots & Ranch Dip ^V Broccoli Fresh Fruit	21 Breakfast Burrito Or Assorted Whole Grain Bagel w/ Cream Cheese Fresh Fruit  Chicken Quesadilla Or Cheeseburger/Hamburger Or Southwestern Salad with Chicken Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Butternut Squash ^L Fresh Fruit	22 Whole Grain French Toast Sticks Or Assorted Whole Grain Cereal w/ a Cheese Stick Fresh Fruit Vegetable Pizza or Cheese Pizza Or Meatball Sub Or Garden Salad Topped with Buffalo Chicken Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Celery Sticks Fresh Fruit
Lunch					
Breakfast	25 Cinnamon Spiced Pancakes Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Black Bean Burrito Bowl ^V Or Chicken Tenders Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Roasted Sweet Potatoes Fresh Fruit	26 Egg & Cheese Omelet w/ Toast Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Lemon Oregano Chicken with a Roll Or French Bread Pizza Or Garden Salad Topped with Buffalo Chicken Or Toasted Cheese Sandwich w/ Carrots & Ranch Dip ^V Garden Salad Fresh Fruit	27 Turkey Sausage Breakfast Square Or Assorted Whole Grain Cereals w/ Cheese Stick Fresh Fruit Spanish Rice with Fajita Chicken Or Crispy Baked Fish Filet Or Southwestern Salad with Chicken Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	28 Whole Grain Waffles Or Fruited Yogurt w/ Grahams Fresh Fruit Macaroni and Cheese Or Spicy Chicken Wrap Or Garden Salad Topped with Tuna Salad Or Toasted Cheese Sandwich w/ Carrots & Ranch Dip ^V Green Beans Fresh Fruit	29 Breakfast Sandwich w/ Egg and Cheese on a Biscuit Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Hawaiian Pizza or Cheese Pizza ^V Or Chicken Salad on Wheat Bread Or Chicken Caesar Salad Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit
Lunch					