



January/February 2018 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/15 Martin Luther King Day NO SCHOOL	1/16 Cinnamon French Toast (37g)	1/17 Turkey Sausage Breakfast Pizza (31g)	1/18 Maple Waffles (38g)	1/19 Strawberry Pancakes (40g)
1/22 Sweet Potato Swirl Roll (33g)	1/23 Maple Pancakes (39g)	1/24 NO SCHOOL	1/25 Turkey Sausage Pancake Wrap (17g)	1/26 Bagels with Strawberry Creamy Cheese (41g)
1/29 Beef Sausage on Bun (20g)	1/30 Cinnamon French Toast (37g)	1/31 Turkey Sausage Breakfast Pizza (31g)	2/1 Maple Waffles (38g)	2/2 Strawberry Pancakes (40g)
<p>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g) Orange juice (14g) and apple juice (14g) are offered daily with breakfast. A variety of fresh fruits, and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast and at lunch. Grams of carbohydrate for each food are listed in parenthesis (g).</p>			<p>Vegetables are offered daily and legumes weekly at lunch. *Sliced wheat bread (12g) offered with entree. <> Meatless item Ⓓ Dairy Free <u>A complete breakfast and lunch are FREE to every student!!</u> Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Revised 1/9/2018</p>	
LUNCH				
1/15 Martin Luther King Day NO SCHOOL	1/16 Chicken Patty on Bun (29g) Ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	1/17 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	1/18 *Ohio Day Turkey/ Gravy (2g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	1/19 Hamburger/Bun (20g) Ⓓ Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)
1/22 Cheese Pizza (30g)<> Hamburger on Bun (20g) Ⓓ *Chicken Fajita and Cheese Wrap (15g) Corn (17g)	1/23 *Cheeseburger Meatloaf on Bun (20g) Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Sun Butter (14g) & Bagel (26g)<> Ⓓ Baked Beans (30g) <>	1/24 NO SCHOOL	1/25 Hamburger/Bun (20g) Ⓓ Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (15g) <> Mixed Veggies -carrot, pea, green bean, lima bean, & corn (9g)	1/26 Chicken Patty on Bun (29g) Ⓓ Toasted Cheese Sandwich (24g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ
1/29 *Chicken Nuggets (13g) Ⓓ Cheese & Bean Enchilada (42g) <> *Cheddar Bits (0g) & Tortilla Strips (23g) <>	1/30 *Chicken Drumstick (5g) Ⓓ Cheese Pizza (30g) <> Sun Butter (14g) & Bagel (26g)<> Ⓓ Baked Beans (30g) <>	1/31 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) Ⓓ for <u>K-6 ONLY</u> Soy Butter & Grape Jelly Sandwich (55g) <>	2/1 *Walking Taco (27g) and Bread (13g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g) Ⓓ	2/2 Hamburger/Bun (20g) Ⓓ Veggie Burger with Cheese on Bun (40g) <> Soy Butter & Jelly Sandwich (55g) <> Potato Wedges (14g)