

JANUARY MENU 2018 MMS, MHS

All meals are served with 1% or fat free flavored milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 CLOSED HAPPY NEW YEAR</p> 	<p>2 Mac & Cheese WW Pasta Cheese Vegetable 1 Cup Fruit 1 Cup</p>	<p>3 Beef Chili 1 ½ Cup Cheese 1oz Fruit 1 Cup</p>	<p>4 Chicken Cacciatore Chicken Rice ¾ Cup Sauce ½ Cup Peppers, Onions Fruit 1 Cup</p>	<p>5 PIZZA Vegetable 1 cup Fruit 1 Cup</p>
<p>8 Cowboy Burger Burger WW Roll Onion Rings BBQ Sauce Cheese Vegetable 1 Cup Fruit 1 Cup</p>	<p>9 Chicken Fajita Wrap Chicken WW Tortilla wrap Peppers, Onions Fruit 1 Cup</p>	<p>10 Philly Cheese Steak Sub Burger Cheese Vegetables 1 Cup Fruit 1 Cup</p>	<p>1 Chicken Broccoli Alfredo Chicken Pasta Broccoli 1 Cup Alfredo Sauce Fruit 1 Cup</p>	<p>12 PIZZA Vegetable 1 cup Fruit 1 Cup</p>
<p>15 CLOSED MLK</p>	<p>16 CLOSED TEACHER WORKSHOP</p>	<p>17 Breakfast for Lunch Scrambled Eggs w/ Ham & Cheese Hash Brown Fruit 1 cup</p>	<p>18 Chicken Parmesan Sub WW Roll Chicken Sauce Cheese Vegetable 1 Cup Fruit 1 Cup</p>	<p>19 PIZZA Vegetable 1 cup Fruit 1 Cup</p>
<p>22 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hot, Mustard, Mayo, Fruit 1Cup</p>	<p>23 Chicken & Cheese Quesadilla WW Tortilla Chicken 3oz Vegetable 1 Cup Fruit 1 Cup</p>	<p>24 Pasta Meat Sauce Beef Tomato Sauce Cheese Mixed Salad Dressing Fruit 1 Cup</p>	<p>25 Fish Filet Rice Carrots 1 Cup Fruit 1 Cup</p>	<p>26 PIZZA Vegetable 1 cup Fruit 1 Cup</p>
<p>29 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hot, Mustard, Mayo, Fruit 1Cup</p>	<p>30 Hot Dog WW Bun Hot Dog Vegetable 1 Cup Fruit 1 Cup</p>	<p>31 Chicken Teriyaki Rice Bowl Chicken 4oz Rice 1 cup Vegetable 1Cup Fruit 1 Cup</p>	<p>2/1 BBQ Pork Sandwich WW Roll Pork 3oz BBQ Sauce Vegetable 1Cup Fruit 1 Cup</p>	<p>2/2 PIZZA Vegetable 1 cup Fruit 1 Cup</p>

USDA is an equal opportunity provider and employer

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

Breakfast Menu **Served Daily**

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
1oz Cream Cheese
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 6oz.
Strawberries ½ cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Fruit Smoothie

6oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free