

MEAL PRICES

Breakfast:

Student Paid - \$1.50

Student Reduced - \$.30

Adult Paid - \$2.10

Milk - \$.40

Lunch:

PreK-6 Student Paid - \$2.40

7-12 Student Paid - \$2.55

Student Reduced - \$.40

Adult - \$3.55

JANUARY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast variety of juices – carbs 12g-18g Assorted Cereals 18g-28g Milk carb: 1% white milk 13g Fat Free Chocolate milk 20 g</p>	<p>Bold items are made in house.</p> <p>All baked goods are whole grain (WG) – buns, rolls, biscuits, cookies</p>			<p>1</p>
<p>4 No School</p>	<p>5 Pancake on a Stick 22g Applesauce 14g</p> <p>Pig in a Blanket 26g Corn 8g/16g Baked Beans 39g Mandarin Oranges 17g</p>	<p>6 Peach Coffee Cake 42g Sausage Patty 1 Mandarin Oranges 17g</p> <p>Chicken & Noodles 25g Mashed Potatoes 16g Peas 6g/12g Apricots 14g WG Chocolate Chip Cookie 20g/40g</p>	<p>7 WG Biscuit 22g Sausage Gravy 10g Apricots 14g</p> <p>BBQ Pork Patty on WG Bun 43g Pea Salad 5g/9g Green Beans 6g Applesauce 14g</p>	<p>8 WG Cereal Trix Yogurt 20g Applesauce 14g</p> <p>Chicken Strip Wrap 32g Savory Rice 14g/28g Salad Greens 3g Broccoli w/ Cheese 4g/8g Apple 25g</p>
<p>11 WG Biscuit 22g Sausage Patty/Cheese 1g Apple 25g</p> <p>Chicken Bowl Chicken-27g Mashed Potatoes 16g Gravy 4g Corn 8g/16g Peaches 12g</p>	<p>12 WG Breakfast Pizza 26g Peaches 12g</p> <p>Burrito with cheese 47g Spanish Rice 11g/22g Salad Greens 1g Mixed Vegetables 6g/12g Pineapple 20g</p>	<p>13 Blueberry Oat Muffin 22g Pineapple 20g</p> <p>WG Stuffed Crust Pizza 38g Broccoli Cheese Rice 20g Cherry Tomatoes 1g Cucumbers 1g Fruit Cocktail 19g</p>	<p>14 WG Biscuit 22g Sausage Gravy 10g Fruit Cocktail 19g</p> <p>Cheeseburger on WG Bun 25g Lettuce/Tomato 2g Baked Beans 39g Sweet Potato Tots 12g/24g Grapes 15g</p>	<p>15 WG Cereal String Cheese 3g Pears 20g</p> <p>Super Nachos 43g Tomatoes 2g Carrots 3g/6g Orange 18g WG Chocolate Chip Cookies 40g</p>

<p>18</p> <p>NO SCHOOL</p>	<p>19 Pancakes 26g Sausage Links 1g Orange 18g</p> <p>Chicken Fried Steak 18g Mashed Potatoes 16g Gravy 4g Green Beans 3g/6g Banana 27g</p>	<p>20 Cereal Trix Yogurt 20g Banana 27g</p> <p>Chicken Parmesan on WG Bun Spinach 2g/3g 30g Mixed Vegetables 12g Fruit Cocktail 14g</p>	<p>21 Banana Crumb Muffin 53g String Cheese 3g Fruit Cocktail 14g</p> <p>Corn Dog 33g Baked Beans 39g Salad Greens 3g Sweet Potato Fries 12g/23g Pears 14g</p>	<p>22 Cinnamon Roll 30g uniced 46g iced Pears 14g</p> <p>Tater Tot Casserole 16g Peas 10g Rosy Applesauce 22g Oatmeal Cookies 18g/36g</p>
<p>25 Cereal String cheese 3g Applesauce 14g</p> <p>Taco Soup 21g Tortilla Chips 17g/34g Broccoli Mandarin Oranges 17g</p>	<p>26 WG Biscuit 22g Sausage Patty 1g Mandarin Oranges 17g</p> <p>Chicken Nuggets 12g with Sweet Sour Sauce 2oz= 12g Brown Rice 25g Peas 5g/10g Cauliflower Grapes 15g</p>	<p>27 Breakfast Pizza 26g Grapes 15g</p> <p>WG Biscuit 22g Sausage Patty/Cheese 2g Glazed Carrots 20g Hash Brown Patty 13g/26g Applesauce 14g</p>	<p>28 Scrambled Eggs 2g Hashbrown Patty 13g Applesauce 14g</p> <p>Chili Cheese Fries 36g Green Beans 3g/6g Fruit Cocktail 14g Banana Bread 28g</p>	<p>29 WG French Toast 41g Sausage links 1g Fruit Cocktail 14g</p> <p>Stuffed Crust Pizza 38g Salad Greens 3g Grape Tomatoes 1g Peaches 12g</p>

This institution is an equal opportunity provider.

JANUARY IS THE MONTH FOR CELEBRATING:

Blood Donor Month, Braille Literacy, Hot Tea, Oatmeal.
3rd Sleep Day, 8th Bubble Bath Day, 13th Make your dreams come true,
16th Nothing Day, 21st Hugging Day, 23rd Pie Day, 27th Chocolate Cake
Day, 28th Fun at work Day,
31st Backward Day

**19th is National
Popcorn Day**

Popcorn Crunch Bark



Popcorn Crunch Bark

Spray a large baking sheet with nonstick spray. Pop enough popcorn to make 8 cups lightly salted and NO butter. 1 cup of mini pretzel twist broke into pieces. 12 ounces vanilla or chocolate almond bark melted (can use candy melts). 7 large candy canes or 20 hard peppermint candies coarsely chopped. 1 cup candy coated chocolate pieces.
Mix all together in large bowl and spread out onto baking sheet. Refrigerate for 10-15 minutes then break apart.

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