



Student Nutrition

# K-8 MENU

JANUARY 19-20

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30

31

1

2

3



## NO SCHOOL WINTER BREAK



**Thirsty?**

Offered every day with your school breakfast & lunch: low-fat white milk & fat-free chocolate milk.



Daily Breakfast Choices:  
Menu Item ▪ Cereal ▪ Fruit

6

Cereal & Cheese Stick

7

Muffin

8

Breakfast Pizza

9

Buttermilk Bar

10

Pancake Sausage Dog

Enjoy filling your belly with our colorful fruit and vegetable bar.

Chicken Nuggets and crackers

Corn Dog and Crinkle Sweet Potato Fries

Bean and Cheese Burrito Pico de Gallo

Turkey Taco Nada Broccoli

Pizza

Corn

13

Buttermilk Bar

14

Muffin

15

Breakfast Wrap

16

Egg patty with cheese and Toast

17

French Toast

Fill your tray with a seasonal rainbow of dark green, red and orange, beans and peas, starchy, and other vegetables as well as an array of fresh and canned fruits offered daily!

Chicken Strips  
Mixed Veggies

Homemade Grilled Cheese and Minestrone Soup

Chicken Fajitas  
Tortilla, pepper & onions

Build-a-Burger

Turkey & Gravy,  
Mashed Potatoes, &  
Dinner Roll

20

No school

21

Muffin

22

Breakfast Pizza

23

Egg Biscuit with Hashbrown

24

Waffles and warm strawberries in syrup

What does a 5 STAR lunch look like?



A meal is not "complete" without 1/2 cup Fruit OR Vegetable  
Lunch offered includes 5 components - Protein, Grain, Fruit, Vegetable, and Milk  
Students must take 3 or more stars.

Dr. Martin Luther King Day

Chicken Alfredo with Bread Stick and Broccoli

Hot Dog & Crinkle Sweet Potato Fries

Pork Carnita Tacos

Pizza  
Corn

Meal Prices

**Breakfast:** K-3rd Grade - FREE

4th-8th grade - \$1.75

**Lunch:** K-8th Grade - \$2.75

27

Buttermilk Bar

28

Muffin

29

Scrambled Eggs with Cheese and English Muffin

30

Biscuit and Gravy

31

Pancakes with Syrup

**PLEASE NOTE:** Menu subject to change.  
This institution is an equal opportunity provier

Popcorn Chicken Side  
of Mac & Cheese

Homemade Chili Beans  
Corn Muffin

Mandarin Orange Chicken  
'Fried' Veggie Rice

Build-a-Burger

California Nachos (pork with nacho cheese sauce on fries)