

January

2019 SOUTH SCHOOL MENU



*WG-Whole Grain

BREAKFAST

Menus subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 CHOICE OF WG POPTART CHOICE OF CEREAL RAISINS CHOICE OF JUICE or MILK	8 WG CINNAMON HONEYBUN APPLESAUCE CUP CHOICE OF JUICE or MILK	9 WG MINI PIGGLE WIGGLES W/SYRUP PINEAPPLE CHOICE OF JUICE or MILK	10 BREAKFAST SLIDERS PEACHES CHOICE OF JUICE or MILK	11 APPLE OR CHERRY FRUDEL GRAPES CHOICE OF JUICE or MILK
14 YOGURT CUP CINNAMON GRAHAMS APPLE SLICES CHOICE OF JUICE or MILK	15 WG MINI PANCAKES w/syrup ORANGE CHOICE OF JUICE or MILK	16 MINI CINI'S APPLESAUCE CHOICE OF JUICE or MILK	17 BREAKFAST PIZZA PEAR CHOICE OF JUICE or MILK	18 COLBY OMELET BANANA CHOICE OF JUICE or MILK
21 MARTIN LUTHER KING'S BIRTHDAY NO SCHOOL	22 CHOICE OF WG POPTART CHOICE OF WG CEREAL APPLESAUCE CUP CHOICE OF JUICE or MILK	23 WG SAUSAGE/PANCAKE WRAP ON STICK w/syrup MANDARIN ORANGES CHOICE OF JUICE or MILK	24 BREAKFAST BURRITO APPLE SLICES CHOICE OF JUICE or MILK	25 SAUSAGE GRAVY PIZZA PEACHES CHOICE OF JUICE or MILK
28 CHOICE OF WG MUFFIN TOP CHOICE OF WG CEREAL RAISINS CHOICE OF JUICE or MILK	29 WG BACON SCRAMBLE PIZZA DICED PEARS CHOICE OF JUICE or MILK	30 WG MINI WAFFLES w/syrup DICED PEACHES CHOICE OF JUICE or MILK	31 SAUSAGE BISCUIT APPLE SLICES CHOICE OF JUICE or MILK	EACH BREAKFAST IS MADE UP OF 4-5 FOOD ITEMS – EACH TRAY MUST HAVE 3 FOOD ITEMS



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 CHICKEN FRYZE w/bbq SAVORY CUBES BAKED BEANS WG PRETZEL ROD w/cheese PEACHES MILK	8 WG CHICKEN PATTY ON WG BUN w/mayo/pickles SWEET POTATO FRIES PEAS PINEAPPLE MILK	9 MEXICAN GOULASH LETTUCE SALAD w/ff dressing SEASONED BLACK BEANS PEARS CORNBREAD MILK	10 CHEESE PIZZA SLICE GREEN BEANS CORN APPLE SLICES WG SUGAR COOKIE MILK	11 ORANGE CHICKEN ASIAN FRIED RICE STEAMED BROCCOLI ½ EGG ROLL w/sweet & sour MANDARIN ORANGES FORTUNE COOKIE MILK
14 CHICKEN TENDERS w/bbq MASHED POTATOES & GRAVY PEAS WG BREAD SLICE APPLE SLICES MILK	15 WG MINI CORN DOGS w/catsup/mustard TATER TOTS PORK & BEANS PEARS MILK	16 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing WG BREAD SLICE MIXED FRUIT MILK	17 BREADED MOZZARELLA STICKS w/marinara sauce GREEN BEANS CORN APPLESAUCE MILK	18 SWEET & SOUR CHICKEN ASIAN FRIED RICE BROCCOLI FLORETS w/ff dip ½ EGG ROLL w/sweet & sour MANDARIN ORANGES FORTUNE COOKIE MILK
21 MARTIN LUTHER KING'S BIRTHDAY NO SCHOOL	22 WG POPCORN CHICKEN w/bbq MASHED POTATOES/GRAVY GLAZED CARROTS WG BISCUIT PEACHES MILK	23 RAVIOLI w/MEAT SAUCE CORN GREEN BEANS WW GARLIC BREADSTICK APPLESAUCE MILK	24 WG CHEESE QUESADILLA w/salsa SEASONED BLACK BEANS LETTUCE SALAD w/ff dressing PINEAPPLE CHEDDAR GOLDFISH MILK	25 TERIYAKI CHICKEN ASIAN FRIED RICE CORN ½ EGG ROLL w/sweet & sour PEARS GRAHAM CRACKERS MILK
28 WG CHICKEN NUGGETS w/bbq SWEET POTATO PUFFS LETTUCE SALAD w/ff dressing WG PRETZEL ROD W/CHEESE MANDARIN ORANGES MILK	29 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES CELERY & CARROT STICKS w/ff dip PEACHES MILK	30 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) GREEN BEANS APPLE SLICES MILK	31 NACHO GRANDE (TACO MEAT/TOSTITO CHIPS) SHREDDED LETTUCE CHEESE DICED TOMATOES REFRIED BEANS PEARS MILK	



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