



SW Menu ~ January 2019

Romaine Lettuce, Fresh Veggies, Ranch and French Dressing

will be available daily @ HS

Winter Break NO SCHOOL	Winter Break No School	Winter Break NO SCHOOL	UBR ***** Sloppy Joes Baked Beans Green Beans Pineapple Bun ALT: Chili	Muffin ***** Chicken Fajitas Lettuce, Tomato, & Cheese Corn & Black Bean Salsa Chips Peaches
	1	2	3	4
Egg Omelet & Toast ***** Pork Ribbet WG Bun Baked Beans F. Carrots Pineapple	Breakfast Pizza ***** Hot Dog Bun Potato Wedges Broccoli Peaches	Saus. Pancake Stick ***** Chicken Patty Crinkle Cut Sweet Potato Fresh Cauliflower Pears Bun	UBR ***** Hamburger Gravy Mashed Potato Lettuce/Dressing Banana Bread	Muffin ***** Homemade Pizza Corn Romaine Lettuce/Dressing Mixed Fruit Cookie
7	8	9	10	11
NO School Prof Learning	Breakfast Pizza ***** Lil' Smokies, Tri-Wedge Hashbrowns, French Toast Sticks Strawberries	Saus. Pancake Stick ***** Chicken Strips Broccoli Orange Cinnamon Roll	UBR ***** Tangerinel Chicken and Rice Fresh Broccoli & Cauliflower Dinner Roll Banana	Muffin ***** Frozen Pizza Corn Lettuce/Dressing Pineapple Cookie
14	15	16	17	18
Egg Omelet & Toast ***** Chicken Nuggets Fresh Carrots & Dressing Broccoli (Steamed) 1 sl. WG Bread Grapes	Breakfast Pizza ***** Char Patty Curly Fries Applesauce Tomato, Cheese Slice Bun	Saus. Pancake Stick ***** BBQ Glazed Chicken WG Bun Green Beans Orange Apple Crisp	UBR ***** Spaghetti w/Meat Sauce R. Lettuce & Dressing Breadstick (6-12) Marinara Cup Pears	Muffin ***** Baked Fish WG Bun French Fries Coleslaw Peaches
22	23	24	25	25
Egg Omelet & Toast ***** Country Fried Beef Patty, Scalloped Potatoes, Fresh Carrots, Apple and Bread	Breakfast Pizza ***** Chicken Alfredo Green Beans Romaine Lettuce (6-12) D. Roll Mandarin Oranges Sidekick ALT: Chix Noodle	Saus. Pancake Stick ***** Bratwurst Sweet Potato Crinkle Cut Applesauce Bun	UBR ***** Mandarin Orange Chicken over Rice Fresh Broccoli & Cauliflower Pears Dinner Roll	
28	29	30	31	

All meals subject to change.

HS/ MS offer a second school meal as well as sandwiches and entrée items for extra charge each day.

"USDA is an equal opportunity provider employer."